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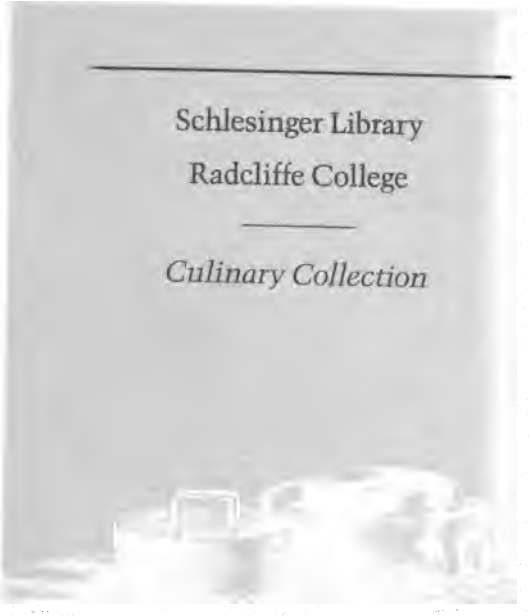

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The Third Presbyterian
COOK BOOK

SECOND EDITION

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Mildred N. Volkhardt.

from Aunt Mame.

Christmas, 1917.

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THIRD PRESBYTERIAN CHURCH

Pastors of the Church

Rev. Chas. F. Thomas, D.D., 1873-1878
Rev. Thomas McCauley, D.D., 1878-1893
Rev. Malcolm J. McLeod, 1893-1899
Rev. William Charles Hogg, Ph.D., 1900-1903
Rev. A. L. Lathem, 1904

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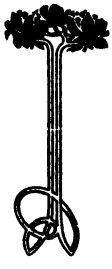
The Third Presbyterian

COOK BOOK

AND HOUSEHOLD DIRECTORY

Published in the interest of the "Manse Fund" by the "Mite Society" of the Third Presbyterian Church, of Chester, Penna.

MARCH, 1917



"We may live without poetry, music and art,
We may live without conscience, and live without heart;
We may live without friends, we may live without books;
But civilized man cannot live without cooks.
He may live without books, what is knowledge but grieving?
He may live without hope, what is hope but deceiving?
He may live without love, what is passion but pining?
But where is the man that can live without dining?"

—*Meredith*

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PREFACE TO FIRST EDITION

THE compilers of a work of such limited scope cannot promise those who use it that they will find everything in its pages, but can heartily assure them that all of the recipes here given have been highly recommended to us by the contributors.

The Committee wishes to extend its appreciative thanks to the Business Public, who have aided the enterprise so materially by using our advertising space, and also to Mrs. H. E. Taylor, of Edwardsville, Ill., who kindly gave us permission to copy from the Edwardsville Cook Book.

PREFACE TO SECOND EDITION

The popularity of the First Edition is the occasion of the republication of this work. The 1000 copies were so quickly disposed of and demands for additional numbers so frequent, that we believe ourselves to be serving the public by re-issuing.

THE MITE SOCIETY.

Chester, Pennsylania,
January, 1917.

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TO THE LADIES

WHO HAVE SO CHEERFULLY AND GENEROUSLY
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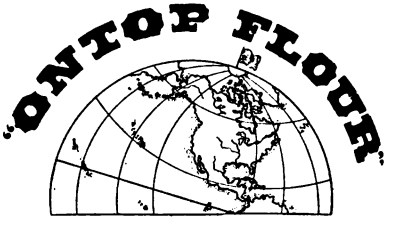

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THE THIRD PRESBYTERIAN
COOK BOOK
AND HOUSEHOLD GUIDE

CHAPTER I

BREAD

"Honey's the goodest thing O-oh!
An' blackberry pie is goodest too;
But rite hot biscuits 'ist soakin' wet
Wif tree molassus is goodest yet."

—*Riley*

HOME-MADE BREAD (with mixer)

Mrs. George Stewart

1 quart water
2 teaspoons salt
3 quarts flour
1 tablespoon lard
1 tablespoon sugar
1 yeast cake

Put lard and water (warm) into mixer. When lard is dissolved, add sugar, salt and yeast cake which has been dissolved in luke-warm water. After mixing these ingredients, add flour and turn mixer until it balls. This makes four loaves.

LIQUID YEAST

Mrs. Taylor W. Smith

9 large potatoes
1 cup sugar
1 handful hops
1 cup salt
1 pint home-made yeast

Pare and boil potatoes, mash them through a colander, then scald with water drawn from the hops, and add sugar, salt and yeast. Enough cold water can be added to make 1 gallon of yeast.

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BREAD (with mixer)

Miss Anna E. Black

1 lb. 9 oz. Gold Medal flour
1 heaping teaspoon salt
1 teaspoon lard
½ yeast cake
1 large tablespoon condensed milk

Dissolve the milk, lard and yeast cake in 1 pint of warm water. Put in bread mixer with flour and salt, and turn until it balls, then knead in pail fifteen minutes. Makes 2 loaves.

DUTCH CURRANT BREAD

Mrs. Anna E. Grubb

1 pint milk
1 cup sugar
½ box currants
½ small nutmeg (grated)
½ cup lard and butter mixed
½ box raisins
2 tablespoons chopped citron
2 eggs

Set a sponge at night by mixing a yeast cake, or 1 cup of liquid yeast, a small teaspoon salt and the milk, warmed, with flour enough to form a soft batter. In the morning add other ingredients, and if not stiff enough, add more flour; if too stiff, a little more warm milk or water, and knead. Set in warm place to rise. Then make into loaves, let rise until double its size, and bake in moderate oven an hour or more.

POTATO STARTER (Dry)

Mrs. Jennie B. Fulton

(Mrs. V. J. Levora)

Pare and boil 2 fair sized potatoes at noon. Grate them and add 2 tablespoons sugar and ¼ cake yeast foam (or Magic yeast cake) soaked in just enough water to moisten it. Set aside until evening.

To use for Bread.

At night take about a teacup of lukewarm water, stir in flour to make a not very stiff batter, also two tablespoons of the potato starter. Beat about 10 minutes and set aside

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until morning. In the morning take for 4 loaves, 1 quart warm water. Put in mixing bowl (or mixer), stir in flour enough to make the dough, also the yeast set the night before. Work it well and smooth at this stage, and set to rise again. When risen, work on board until elastic; make into loaves; fill pans about half and let rise until nearly full. Bake in pretty hot oven.

For the next baking, prepare potatoes and sugar as before, at noon, and add to the small amount of starter remaining. Mix well with fork, and use in the evening as before. No additional yeast need be added during entire winter.

DUTCH BREAD NO. 2

Mrs. Mary V. Culbertson,
West Hope Presbyterian Church, Philadelphia

1 cup of bread sponge
½ cup raisins
2 tablespoons of butter
2 eggs
¾ cup of milk
8 teaspoons sugar

Heat butter and milk together until lukewarm, add other ingredients with enough flour to stiffen. Let rise until twice its size. Knead and let rise until very light. This will make two loaves.

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SALT RISING BREAD

Mrs. J. A. Gibson, Pontiac, Michigan

Early in the morning scald ½ cup fresh milk; have prepared in earthen cup 4 tablespoons unbolted corn meal, sifted once, a pinch each of salt and soda. Pour over this the milk while boiling; stir thoroughly and set in warm, not hot, place until light.

Next morning sift a little flour into an earthen bowl, add about ½ cup warm water and stir in the yeast thoroughly. When light, sift more flour into a larger dish, add more warm water and salt; then stir the yeast in thoroughly. Keep warm, and when light it is ready to mould into loaves. This will make five or six good-sized loaves. Butter the top soon as moulded. Do not mix the dough very stiff, nor let it get too light in the loaf. Turn and change quite often in the oven. When the loaf has risen to about double its size, place it in the coolest part of the oven until it is a well-rounded loaf; then on the top grate, until it browns, then at bottim again, to finish. The oven should be such that a pound and a half loaf will bake in 45 minutes, a delicate brown.

LONDON BUNS

Mrs. A. H. P. Clyde

1 lb. flour
2 or 3 eggs
¼ lb. butter
2 oz. candied peel, chopped
¼ lb. sugar
Grated rind of half lemon
2 teaspoons baking powder
About 1 teacup milk

Mix together all the dry ingredients; beat the eggs, keeping back a small part of one white, to glaze the buns, add the eggs to the mixture and sufficient milk to make a stiff paste. Divide in fifteen pieces, make up quickly into balls, brush with egg, and sprinkle with sugar. Bake twenty minutes in a quick oven.

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WHITE BREAD

Mrs. Mabel Fulton Safford, Edwardsville, Ill.

Liquid Starter

Keep on ice in summer, and do not let freeze in winter. Soak ¼ yeast cake over night in enough water to cover it. At noon next day strain off water from yeast; add 3 tablespoons sugar, 1 pint lukewarm potato water strained.

Pour into a quart jar, and place in warm place. By night there should be a generous foam on top. At night take one cup of this starter for bread. To the remainder which is left for next baking, add a generous cup of warm potato water, and 3 tablespoons sugar and proceed as before. If kept in right temperature this starter should last for many bakings.

BREAD FROM STARTER

To your cup of starter add enough warm water to bake required amount of bread (1 qt. will make about 4 loaves), a cook-spoon of sugar and teaspoon of lard. Mix with flour to proper consistency for kneading. Knead well and put to rise over night. In the morning it will have over-run a gallon crock on to your bread board. Work and mould into loaves, then place in greased pans, turning moulds so that they will be well greased all over. Let rise until double size, and bake for about one hour. Have oven hot for first fifteen minutes, then let cool off gradually until baking is finished.

When setting to rise over night grease the top well, to keep from crusting. You will find this an unfailing and satisfactory recipe and in which your bread should be out of the oven by 10 a.m.

NOTHNAGLE & ROSER
CAN PAINT ANYTHING

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SCOTCH SHORT-BREAD

Mrs. Matthew McKinnell

1 lb. flour
½ lb. butter
1 oz. rice flour
¼ lb. sugar

Mix the butter and sugar together and work in gradually the flour and when kneaded into a stiff paste roll out into round or square cakes ½ inch in thickness.

Pinch the edges, put some pulevrized sugar or candied peel on top and bake in a moderate oven on a baking sheet or floured paper until a light brown color.

NUT BREAD

Miss Anna E. Black

4 cups flour
1½ cups chopped nuts(or 1 lb. English walnuts)
1½ cups milk
4 teaspoons baking powder
1 egg
1 cup sugar

Raise twenty minutes. Bake one hour. This makes 2 loaves.

FRESH CURRANT BREAD

Miss Emeline Moore, Llanerch, Pa

1½ cups flour
¼ cup butter
1 cup sugar
½ cup milk
1 heaping teaspoon baking powder
1 egg
A pinch of salt

Cream, butter and sugar, add beaten egg and milk; sift salt and baking powder with flour and mix. Spread in a pan, cover with currnts and cinnamon, sprinkle with sugar and bake. Serve hot, cut in squares.

POCKET BOOK ROLLS

Miss Camelia R. Bullock, Mt. Holly, N. J.

2 quarts flour
1 tablespoon sugar
1 pt. boiled milk
Lard size of an egg
A little salt
1 cup yeast

Mix all together and add the yeast. Cover and let stand

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in warm place over night. In the morning knead until it cracks and blisters, using as little flour as possiible. Place in pan to rise. 2 hours before baking roll out ½-inch thick, spread over well with butter, cut into cakes, fold together and place in pan to rise. Bake 15 minutes in quick oven.

POTATO ROLLS

Mrs. A. Duncan Yocum

3 cups mashed potatoes
1 cup melted lard
2 eggs
½ yeast cake in cup warm water
1 teaspoon salt
1 teaspoon sugar

Mix at 11 a. m. At 2 p. m. add enough flour to handle. Knead and let rise until 4 p. m.

Mould in pocket-book rolls, or roll and cut with small cake cutter. Let rise again, and about 6 p. m. bake in hot oven for 10 minutes, and serve hot.

MILK ROLLS.

Mrs. S. E. Brown

Boil 1 pint of new milk and while hot pour it over ½-cup of lard and ½-cup of flour. When cool, add 2 teaspoons of sugar, some salt, and 1 large cup of good yeast and sufficient flour to make a rather stiff sponge. Set to rise and when light, stiffen and knead well. When light again roll out and cut with small cutter. Place in pans and when light again bake in quick oven about 20 minutes.

RUSK NO. 1

Mrs. Margaret C. Black

1 pint warm water
1 cup sugar
Yolks of 3 eggs
2 heaping tablespoons condensed milk
2 tablespoons butter
Pinch of salt
Enough flour to make a rather stiff batter

In winter 1 yeast cake. In summer ½. Make sponge about 5 o'clock p. m.. Let rise until bedtime, add more flour and knead in bowl. Let rise until morning.

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RUSK NO. 2
Mrs. H. B. Birtwell

1 pint milk
½ lb. sugar
1 egg
Pinch of salt
1 tablespoon lard
1 tablespoon butter
½ nutmeg
½ yeast cake

Flour sufficient to make stiff dough.

Make a sponge of all the ingredients, and set to rise. When light add flour to make dough quite stiff, and knead well. When light again mould into shape, stand in greased pans, cover and set again to rise. Bake in a quick oven 20 minutes. Brush the tops with white of an egg.

RUSK NO. 3
Mrs. F. W. Griffith

2 cups milk, boiled and cooled
½ yeast cake
1 teaspoon salt
1 tablespoon sugar
1 egg

Dissolve yeast cake iin the milk, add other ingredients and flour enough to make a stiff batter. When light add 1 cup of sugar and 1 cup of melted butter and flour enough to make a stiff dough, and let it rise again.

CINNAMON ROLLS (Very Good)
Mrs. Myrtle S. Molz, Greenville, Ohio

Into 4 pints of sifted flour put 1 pint of sponge containing the strength of 1 yeast cake; 1 pint of whole milk, which has been scalded and cooled; 2 tablespoons of melted butter, ½ cup of sugar, 1 teaspoon salt, and 1 beaten egg. Beat about 5 minutes then add flour enough to make a soft dough. Knead gently and let rise until very light. Then knead into shape and roll in sheets ½ inch thick, brush with melted butter and sprinkle with sugar and cinnamon. Roll as jelly cake and cut in slices about an inch thick. Dip each slice in melted butter and place in baking pans about an inch deep. Sprinkle with sugar and cinnamon and when light, bake 20 to 30 minutes in a moderate oven.

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CINNAMON BUNS

Mrs. A. B. Hammell

Dissolve 1 yeast cake in 1 pint of warm milk, add a little salt and flour enough to make a sponge, and set to rise. When light add 1 egg, ½ cup lard, and 1 cup sugar. Knead well, then roll out, cover with lard, sugar and cinnamon. Set to rise, and bake when light.

For Top of Buns:

Boil together some molasses, brown sugar and cinnamon, and pour over top when baked. Cut in squares to serve.

HOT BUTTER CAKES

Mrs. William Darrell.

Dissolve 1 yeast cake in 2 cups of warm water, and mix with 4 cupfuls or more of flour, 1 tablespoon of melted butter and a little salt. Set this sponge to rise in a warm place for a few hours. Then knead and make into small round cakes and fry in the frying pan with plenty of lard, as you would a beefsteak, only not as much heat. When one side browns, turn over on other side and brown. These are tried and excellent.

GRAFTEN BISCUIT

Mrs. W. J. Arnold

1 pint milk
3 mashed potatoes
1 tablespoon lard
1 tablespoon sugar
1 teaspoon salt
Nearly all of 1 yeast cake

Melt the lard in the milk but DO NOT BOIL. Dissolve yeast cake in part of warm milk, add other ingredients and flour enough to make as bread, knead 15 minutes and let rise. Knead again and roll out into biscuit. Let rise again and bake in hot oven.

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BREAD STICKS

Mrs. E. G. King, Lincoln, Illinois

2 cups scalded milk
½ cup butter
4 tablespoons sugar
1 teaspoon salt
Whites of 2 eggs
7½ cups sifted flour
1 cake yeast foam dissolved in ¼ cup lukewarm water

Mix the milk, sugar, butter and salt. When lukewarm add the flour, yeast and whites of eggs, well beaten; knead well, and let rise; then shape in long thin strips about 8 inches long and ½ inch thick, keeping them of equal thickness. Let rise again then bake. Have oven very brisk and reduce heat at the end of 5 minutes.

CORN BREAD NO. 1

Mrs. Geo. W. Lynch

1 egg (beaten)
1 cup milk
1 cup flour
1 cup corn meal
2 teaspoons sugar
1 teaspoon salt
1 teaspoon baking powder
1 tablespoon lard

Mix and bake in quick oven.

CORN BREAD NO 2

Mrs. Arthur Dyer, Edwardsville, Ill.

1 cup flour
2 cups meal
2 tablespoons sugar
Water to make a smooth batter
1 egg
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon lard

Mix all of the dry ingredients and sift through flour sifter, then work in the lard well. Beat egg in a cup and fill cup up with water and add to mixture, then enough more water to make a batter that will just pour into pan. Bake in quick oven.

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CORN BREAD No. 3

Mrs. Jane E. Fahnestock

2 cups granulated sugar
1 tablespoon lard and butter
1 cup flour
1 teaspoon salt (scant)
2½ heaping teaspoons baking powder
2 eggs
Enough corn meal to stiffen

CORN PONE NO. 1

Mrs. John Rowe

1 pint sour milk
1 pint corn meal
½ teaspoon salt
1 egg
½ teaspoon soda

Dissolve soda in the sour milk, add salt, beaten egg and meal, and bake in greased pan, or pour on hot griddle and bake as you would pan-cakes.

WHOLE WHEAT BREAD

Mrs. H. M. Dunlap, Savoy, Illinois

President of the Illinois State Domestic Science Association.

Into 1 pint milk pour 1 pint boiling water; when lukewarm add 1 teaspoon salt, a small compressed yeast cake, or ¾-cake of dry yeast dissolved in ¼-cup water; stir in sufficient flour to make a batter that will drop from the spoon. Beat continuously 5 minutes. Cover and set in warm place. When light add flour to make dough. Take out on board and knead 10 or 15 minutes. When the dough becomes elastic and springs back upon pressure, make it into 4 loaves. Size of pans should be about 8x4x4 inches. Cover and stand in warm place until dough has doubled its bulk and is light. Brush the top with water. Bake 15 minutes with the oven thermometer at 9; then lower the temperature to 8 and bake ¾ of an hour. If a bread machine is used, and it should be, mix directly into a dough. It requires 2¾ quarts of whole wheat flour to every quart of wetting.

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Bread Sticks.

Take 1 cup of the whole wheat dough, add 1 tablespoon melted butter and enough flour to remove stickiness. Divide into as many pieces as divisions in stick pan and roll into shape. Let rise until twice their bulk. Put into oven at 9, and after 10 minutes reduce to 8 and continue baking for 30 minutes.

CORN PONE NO. 2

Mrs. Annie Pierce, Harrisburg, Pa.

4 ears green corn, grated
2 eggs, beaten separately
1 small teaspoon baking powder
Salt and pepper to taste

Pour in buttered pan and bake ½-hour.

CORN MUFFINS

Miss Annie N. Griffith

1½ cups meal
1 cup flour
1-3 cup sugar
Butter size of a walnut
3 eggs
1 teaspoon salt
2 teaspoons baking powder

Mix with milk.

MICHIGAN MUFFINS

Mrs. Wm. B. Ulrich

1 egg
1 cup sweet milk
2 cups flour
3 tablespoons sugar
1 tablespoon melted butter
2½ teaspoons baking powder
A little salt

CREAM MUFFINS.

Mrs. Will Innes, Jr., Eddystone, Pa.

1 pint cream
2 eggs
3 cups flour
1 teaspoon salt
1 tablespoon melted butter
2 teaspoons baking powder

Beat the yolks of the eggs and add to the cream; add gradually the flour, beating well; let stand 15 minutes, then

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add salt and melted butter, the whites of the eggs beaten to a stiff froth, and baking powder. Bake in well greased muffin pans 30 minutes.

TEA BISCUITS

Mrs. S. Thompson

To each cup of flour add 1 teaspoon of lard and 1 teaspoon Royal Baking Powder. Mix with milk and bake in quick oven, 15 minutes.

SOUFFLE BISCUIT

Mrs. Maargaret Grubb

Cut up four ounces of butter into a quart of flour; make it into a smooth paste with new milk; knead it well, add a little salt and roll out as thin as paper. Cut out the cakes with a tumbler, and bake quickly. Serve hot. Very nice to serve with soup.

DROPPED BISCUIT

Mrs. Margaret Grubb

1 quart flour
1 pint milk
1 teaspoon sugar
2 tablespoons butter
4 teaspoons baking powder
1 teaspoon salt

Sift together 4 times the flour, sugar, salt and baking powder. Rub in the butter and mix with the milk; beat vigorously for 1 minute, drop by tablespoonfuls into hot iron gem pans, and bake 10 minutes in a quick oven. Excellent made with Rye or Graham flour.

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CORN PONE NO. 3

Miss Hattie T. Hance

¾ cup sugar
1 cup water
1 cup flour
½ teaspoon salt
1 cup corn meal
1 egg
2 teaspoons baking powder
2 tablespoons melted butter

Mix and pour into well-buttered dripping pan, and bake in quick oven. May be cut in squares and served hot as a dessert, with sauce, or cream and sugar.

POP OVERS.

Mrs. Grant Powell, Eddystone, Pa.

2 cups flour
3 eggs
2 cups milk
½ teaspoon salt

Grease gem pans and put them in oven to get very hot. Beat eggs until very light, add milk and salt, then add the flour slowly, beating until very smooth. Take pans from oven, fill quickly, bake 30 minutes. If properly made and baked should swell to four times their original size. These make a delicious breakfast cake.

WAFFLES NO. 1

Mrs. S. M. Pierce

2 cups flour
1 cup milk
2 eggs
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon melted butter

Sift together flour, baking powder, and salt. Add milk with yolks of eggs. Beat until smooth then add the beaten whites of eggs and melted butter. Fry in waffle irons.

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WAFFLES NO. 2

Mrs. Mabel F. Safford, Edwardsville, Ill.

1 pint sour milk
1 egg
1 teaspoon soda
2 tablespoons melted butter

Dissolve soda in the sour milk, beating well. Add the egg and enough flour to make a medium thin batter. Then add the melted butter, and salt to taste. Have waffle irons hot and well greased.

BREAKFAST CAKES.

Mrs. Jennie B. Fulton.

1 pint sour milk
1 egg
1 teaspoon soda
Salt to taste

Dissolve the soda in sour milk, beating well, when, if proportioned as it should be, the milk will rise in bubbles. Add the egg, and flour to form a smooth batter which is too thick. Thin to proper consistency with sweet milk. Bake one cake on hot griddle, and if it looks raw when broken apart, add more flour and more sweet milk.

SYRUP FOR HOT CAKES

Mrs. A. T. Sutton, Crescentville, Pa.

Two lbs. brown sugar, 2 cups of water. Let boil ten minutes, then flavor with 1 teaspoon vanilla, and bottle for use.

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CHAPTER II

MEATS

"Some hae meat that canna eat,
And some would eat that want it;
But we hae meat, and we can eat,
Sae let the Lord be thankit."
—*Burns.*

VEAL LOAF

Mrs. A. L. Lathem

2½ lbs. veal
¼ lb. ham
1 cup dry bread crumbs
1 egg
2 tablespoons melted butter
½ teaspoon each of parsley, thyme, salt and pepper
A little onion juice may be added if desired.

Chop the meats fine and mix with other ingredients. Mould in pan and bake 2 hours. Serve hot, with dressing, or cold.

LANCASTER COUNTY BEEF ROAST.

Mrs. Mary Rodgers

Lay in a broad pot, a boneless piece of beef, cut from the round, three or four inches in thickness. A piece weighing from five to six pounds, a solid chunk, bound and skewered into a compact shape, is enough for a family of ordinary size. Pour over it a quart of boiling water, add salt and pepper to taste and 2 onions cut in pieces. Cook over a slow fire, turning the meat several times. Allow about 15 minutes cooking to the pound. When done transfer to a dripping pan and brown in the oven. Brown some flour and thicken the liquor left in the pot, for gravy. Serve meat with tomato sauce or catsup.

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PRESSED VEAL

Mrs. Charles H. Hubbard

Cover a knuckle of veal with cold water and boil until meat slips from bone, season with salt and pepper. Remove meat, pick out fat and bones, strain liquor and season highly with salt, pepper and lemon juice, and slightly with sage and thyme. Chop the meat and have ready five hard boiled eggs. Put in a pan a layer of sliced egg, then a layer of the meat, until all is used. Pour over this the strained liquor, press down with a weighted cover, and set away to stiffen.

DUTCH ROAST.

Mrs. Emma L. Killin, N. Weymouth, Mass.

1½ lb. beef
1½ lbs. pork
1½ lbs. veal
Salt and pepper
1 cup bread crumbs
1 small onion
2 eggs
Sprig of parsley

Run all of the meat through the grinder. Mix with the other ingredients and shape into a loaf. If not containing fat enough dot the loaf with pieces of butter or lay several slices of flitch on top. If baked in a covered pan, no water need be added to the loaf. Bake about 2 hours.

BEEF LOAF NO. 1

Mrs. James Davidson

1 lb. Hamburg steak
3 eggs
1-3 small loaf bread
Season to taste

Mix well and bake in oven 20 minutes to ½-hour.

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BEEF LOAF NO. 2

Mrs. Anna Schoenberg

1½ lbs. round steak
½ lb. salt pork
1 egg.
1 cup of cracker crumbs
½ cup sweet milk
Butter the size of a walnut

Grind the meats together, and mix well with other ingredients, salt and pepper to taste. Bake 1 hour, basting frequently.

BEEF STEW.

Mrs. Morris Plumley

2 lbs. fresh beef, cut fine
4 tomatoes, cut fine
6 potatoes, diced
Small onion
Bunch parsley

Boil all together about 1 hour. Thicken with flour and add water for gravy, if necessary.

MUTTON POT PIE

Mrs. Emma Haslam

To make the dough, sift 1½ teaspoons baking powder and ½ teaspoon salt with about 1 pint of flour, then rub into it 1 teaspoon of shortening, and mix deftly with water. Roll out and cut in pieces of uniform size. Cook 1½ pounds of mutton, neck or any good stewing pieces, from which the fat should be trimmed carefully after it is cut in pieces, until it is quite tender, and then let it cool. Peel 3 or 4 potatoes and 1 or 2 onions. Make a layer of the mutton over the bottom of a pot; slice a layer of potatoes over this, then a layer of onions, and over this lay pieces of the dough, apart from each other. Repeat this until all is used, finishing with the dough. Over each layer sprinkle flour, salt and pepper, and on top of last layer lay a sprig of parsley or celery. Cover with water and cook 1½ hours. Start on slow fire.

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STUFFED LAMB CHOPS

Mrs. C. S. Platt

Choose loin or rib chops. Remove all superfluous fat and pink skin; have chops cut about 1½ inches thick; cut a pocket in each, inserting the knife from outside edge of chop, and reaching to bone. Into this pocket place stuffing made with moistened bread, seasoned with salt, pepper, sage and melted butter. Fasten the cut side with toothpicks that have been dipped in melted butter. Place chops in pan that has been sprinkled with salt and pepper and bits of butter. Bake 20 or 30 minutes. Do not add water. Serve with brown or tomato sauce.

TOMATO SAUCE

Mrs. C. E. Bates, Omaha, Neb.

1 can tomatoes
3 or 4 cloves
1 small onion
A little celery salt

Cook, then strain. Thicken with flour and butter rubbed together, salt; add white and red pepper.

GERMAN STEW.

Have a frying pan very hot with fat enough to merely cover the bottom. Into this place chops, or any pieces of lamb or veal, which must be uncooked. Brown quickly on both sides, and remove from the fire. Put a layer of one-half of the chops on the bottom of a baking dish; season with salt and pepper, and on this put a layer of green corn cut from the cob. Sprinkle with a little flour and then add a layer of uncooked lima beans. Repeat these layers from the chops up, and add enough boiling water to reach not quite to the top of the beans. If desired a few sweet potatoes can be placed on top of the stew. Cover closely, and cook slowly from 1½ to 2 hours. This makes a savory dish for lunch or supper.

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ENGLISH BEEFSTEAK PUDDING

Mrs. Robert Bradley

Line a large bowl with a dumpling dough. Cut in small pieces 1½ pounds of rump steak, season to taste, add onions if desired, and place in bowl. Pour over it one cup of cold water, and cover it with dough, as for a pie. Then cover the bowl with a small plate or saucer, and tie all in a large cloth. Place in a large pot with enough water to come up three-quarters way of the bowl and boil three hours. Mushrooms may be added to this stew, if desired.

CREAMED CHICKEN

Mrs. Wm. B. Ulrich

4 lbs. chicken
2 pr. sweetbreads
1 can mushrooms

Boil chicken until it comes from the bone, then cut in pieces. Parboil sweetbreads and soak in cold calt water half hour, then remove all skin or hard substance, then cut as the chicken. Also cut the mushrooms and mix all together.

For the dressing, use

1 quart milk
4 tablespoons butter
4 tablespoons flour
3 bay leaves

Boil the bay leaves in the milk, then remove. Use little juice of onion, little nutmeg and salt, and red pepper to taste; boil until it is the proper thickness, then pour over the chicken and other ingredients and mix thoroughly with a fork. Put all in a baking dish, cover with bread crumbs and pieces of butter on top, bake 20 or 25 minutes. Serve hot.

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FAMOUS CHICKEN PIE

Mrs. E. J. Jeffress, Edwardsville, Ill.

Cover the chicken with water, (a full grown hen is best), let cook slowly until two-thirds done. Salt the broth to taste and cook until the meat will fall from the bones. Remove from the broth; take out the bones and lay the meat in bottom of baking dish; now prepare a sauce as follows:

Sauce—Melt 3 tablespoons butter, add to it 3 tablespoons flour, a little pepper, mix and add 1 cup warm water, and 4 cups hot broth, cook to a bubbling, then add 1 cup hot cream or milk, pour this into baking dish over chicken, reserving enough sauce for the gravy bowl. Set in oven to keep to a cooking point while you make

Crust for Pie

2¼ cups flour in bowl
2 tablespoons shortening well rubbed into flour
½ teaspoon salt
2 scant teaspoons baking powder
1 egg beaten, to which add 1 cup milk

Sir this into flour to make a thick batter which spread over chicken and bake.

FRIED CHICKEN

Mrs. Margaret Grubb

Take a spring chicken of about 3 pounds, cut up and wash in cold water. Then salt and place in deep skillet with just enough water to steam. Cover and keep addinig enough water to keep it steaming, until it is tender. Then add a large piece of butter, and dust with flour and fry a golden brown. Take out on a hot platter and make a cream gravy and pour over the chicken and serve.

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SYRIAN BROWNED CHICKEN WITH STUFFING

Mrs. Sara H. Kasab

Stuffing for chicken.

½ cup boiled rice
¼ lb. chopped raw meat
½ cup blanched almonds
Salt and pepper to taste

Prepare the chicken and stuff, tying legs together, and neck under wings, and boil until half tender. Lift out, and set the stock aside for soup. Brown the chicken in a pot with butter or bacon fat, keeping covered until done. Or if preferred, brown in hot oven.

CHICKEN CROQUETTES NO. 1

Mrs. Ritchey G. Early, Edwardsville, Ill.

1 cup cream or milk
1 lump butter, size of egg
1 cup fine bread crumbs
1 pint finely chopped cooked chicken
1 tablespoon flour
A bit of minced onion or parsley
1 teaspoon salt
½ teaspoon pepper
2 eggs

Heat cream, when boiling add flour and butter creamed, let it boil up thick. Remove from fire and when cool mix in the other ingredients, the beaten egg last.

Flour the hands and make up into small round flat cakes; dip in egg and bread crumbs and fry in lard and butter mixed. When a light brown take up and lay on brown paper to absorb grease. Serve hot.

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CHICKEN CROQUETTES NO. 2

Mrs. N. O. Nelson, Edwardsville, Ill.

Boil a large, old, fat chicken until quite tender; when cold, pick to pieces and chop very fine. Take 1 set of calve's brains, place them in salt water 20 or 30 minutes to draw out the blood; then place on stove in cold water and as soon as they raise the boil, lift them off, and take from them any discolorations. Mix them with the chopped chicken; then season with salt, pepper and nutmeg, juice of one lemon, some onion juice or grated onion and piece of melted butter the size of an egg. A little celery or parsley chopped fine adds to the flavor. Last of all, add enough thick sweet cream to make a dough so soft that it is hard to form the croquettes. Set the croquettes in a cool place, at least an hour before frying. Dip in yolk of egg and cracker meal and fry in boiling lard. Serve with peas.

BOUDINS

Mrs. C. N. Travous, Edwardsville, Ill.

Chop cold cooked chicken fine, measure, and to every pint add a tablespoon butter, two of dried bread crumbs, ½-cup stock or boiling water, 2 eggs, slightly beaten, salt and pepper to taste.

Put these ingredients in a sauce pan and stir over fire for a moment until thoroughly mixed.

Fill custard cups two-thirds full with the mixture; set in baking pan half filled with boiling water, and bake in moderate oven 20 miniutes. When done, turn out carefully on a heated dish, and pour cream sauce around them. Any cold roast or poultry can be used in this way.

Cream sauce for Boudins—Melt 1 tablespoon butter, add one of flour, then ½-pint of cream or milk, stir continually until it boils, add ½-teaspoon salt and a dash of pepper and it is ready for use.

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OVEN FRIED CHICKEN.

Mrs. W. R. Prickett, Edwardsville, Ill.

Cut the chicken up as for frying. Salt and pepper each piece and roll well in flour. Place in the baking pan with 3 heaping tablespoons of butter and a cup of water. Have the oven hot when the chicken is put in and let it remain until it is browned on top. Turn the pieces over to have it all well-browned, and pour into the pan 4 cups of boilinig water, into which one tablespoon of sugar, and a little salt and pepper have been stirred. Keep basting the chicken as the pieces dry on top, adding more water as necessary.

When it is done remove chicken to platter, and place baking pan on top of stove, and slowly add one cup of hot milk to the gravy. If the chicken is well-basted it will be brown and moist, and the gravy can be thinned with milk or water.

DEVILED CHICKEN.

Mrs. Mary V. Culbertson, West Hope Church, Philadelphia

½ pint cream
2 eggs
Salt and pepper
1 tablespoon butter
2 tablespoons bread crumbs
1 tablespoon chopped parsley

The above mixiture to every pint of finely chopped cold chicken. Put the butter in sauce pan to melt, then add other ingredients; stir over the fire until the mixture boils. Fill individual dishes, sprinkle lightly with bread crumbs, and brown in hot oven.

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CHICKEN BROWN STEW.

Mrs. J. T. Keller, St. Louis, Mo.

Put your dinner pot on the stove, a flat bottom preferred. Put into this a cookspoon of lard, the same of flour, and a little chopped onion. Stir constantly until this is quite brown; have your chicken jointed and drop into this. Stir well; pour over enough water to cover. Put lid on and let cook slowly until dinner. Salt and pepper to taste. Old or young chicken may be used. I prefer old. I use lard in preference to butter, because it burns less easily. If chicken is very fat use less lard. If you try this once you will try it twice.

GERMAN SAUSAGE.

Mrs. C. S. Platt.

1 lb. round steak—minced
¼ lb. ham—minced
½ cup bread crumbs
1 egg, well beaten

Mix well, wrap in floured cloth, and boil for two hours. Delicious either hot or cold.

SAUSAGE ROLL

Mrs. Wm. Darrell

Make pie crust, not rich. Roll as for pie crust.

Cut pieces four inches square and lay one pork sausage link which has been skinned, on the square. Draw sides together, so they will just meet on top, gently press together and close the ends. Bake a golden brown in a dripping pan.

POTTED HAM.

Mrs. C. S. Platt.

Chop very fine, first removing all gristle and hard pieces, scraps, or left overs, from boiled ham—or put through a meat grinder, and to every cupful, add one-half teaspoonful dry mustard and half teaspoonful pepper. If dry, add melted butter, enough to moisten. Pack lightly in small earthen cups, paste paper over them, and set them in pan boiling water. Bake slowly one hour. Very nice for sandwiches.

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POTTED MEAT.

Mrs. J. N. Miles.

Buy shinbone of beef. Boil in as small a quantity of water as possible, until meat falls from bone. Season with salt and pepper, add spices if desired. Pack down in dish or mould. When cold, turn out and slice.

BEEF FLANK STEAK ROAST.

Mrs. E. L. Goodknight, Lincoln, Ill.

Take 1 flank steak; make dressing of bread, butter, salt, pepper, and sage; spread the dressing on the steak and roll it up; tie with a cord and roast in oven until tender.

BEEF OLIVES.

Mrs. M. McKinnell.

Cut 1½ lbs. of steak into pieces, and beat them flat with a heavy knife. Chop 2 ounces of suet, and all the trimmings of the steak, and put them in a bowl with a teaspoonful of chopped parsley. Add one egg, well beaten, and seasoning to taste. Mix well together, then put a layer of the mixture on each piece of beef; roll up, and tie with string. Put a pint of gravy or water in a sauce pan, with the rolls of beef, and stew gently until tender.

Have ready a hot dish, piled with mashed potatoes, arrange the rolls neatly around the potatoes; thicken the gravy with flour, season with salt and pepper, stir until it boils, then strain over the beef olives.

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SPICED BEEF.

Mrs. S. Thompson.

3½ lbs. good lean beef
3 eggs
Butter size of an egg
3 tablespoons cream
6 crackers

Chop the beef nearly as fine as for mince meat. Roll the crackers. Mix all the ingrediients together well, and shape into an oblong loaf and bake three quarters of an hour in a quick oven. Serve hot or cold.

BAKED COLD MEAT.

Mrs. A. H. P. Clyde.

Make a layer of sliced onions in bottom of baking pan, or dish. Season with salt and pepper. On top of this a layer of cold meat, sliced in thin slices, or cut into small pieces. Dredge with flour and pour over it two tablespoons catsup. Repeat alternately until meat is all used, finishing with layer of onions. Cover with cold water and bake for one-half hour in hot oven. Cold gravy may be used with the water to cover.

TURKISH MEAT BALLS
With Tomato Sauce

Mrs. Georgiana M. Schnapp, Mt. Lebanon, Bairut, Syria.

1 lb. lean, raw beef, ground fine and seasoned with salt and pepper, ½ cup of blanched almonds, cut crosswise to make four pieces.

Take one level tablespoonful of the meat and form it, with the hands, into a firm ball. Stick this full of pieces of the nuts, pushing them into the meat until covered.

Dip in beaten egg, then in flour or bread crumbs, drop in hot lard and brown thoroughly.

In a clean pan, fry a sliced onion in butter, or bacon fat,, then add the meat balls, and cover with strained tomatoes, seasoned to taste, and simmer for one hour. Serve with boiled rice.

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MEAT CROQUETTES NO. 1

Mrs. C. F. McCall

Mix together 1 cup cold chopped beef, a cup bread crumbs and one egg. Mosten, until soft, with milk, season with salt and pepper. Mould into cakes, or balls, dip in beaten egg, then in bread crumbs, and fry in hot lard.

MEAT CROQUETTES NO. 2

Mrs. W. H. Booth

Smooth one teaspoon flour with a little cold water. Add this, with a little butter, pepper and salt to 1 cup of milk and boil together.

Remove from the fire, and, when cooled a little, mix with chopped cold meat, and thicken with cracker dust. Form into cakes and fry in hot lard.

BROWNED MINCE OF BEEF.

Mrs. W. H. Hall, Edwardsville, Ill.

Take some left over cold roast beef, mince very fine and mix with it ¼ as much mashed potatoes; season with pepper, salt, mustard and catsup, and add one cup of gravy; work together and make very hot in sauce pan. Put in dish, cover with fine bread crumbs, and brown quickly in oven. Add a little butter to top as it begins to brown.

MOCK OYSTERS.

Mrs. J. C. Van Pelt

Parboil a nice veal cutlet. Cut in small pieces, about the size of a large oyster. Dip each piece in egg and cracker dust and fry a nice brown.

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FILLED NOODLES NO. 1

Mrs. Annie Pierce, Harrisburg, Pa.

Make a dough the same as for soup noodles, but roll, not quite as thin. Mix 2 lbs. ground beef, 1 small onion chopped fine, parsley, salt, pepper, 2 eggs and 2 cups of stale bread, which has been soaked, thoroughly. Roll up in the dough, as you would an apple dumpling, and boil in meat broth about half an hour.

FILLED NOODLES NO. 2

Mrs. Margaret Grubb.

Make a noodle dough with 2 well beaten eggs, 1 tablespoonful milk, flour enough for make a stiff dough. Roll out in pieces large enough to hold one tablespoon filling.

For the Filling.

Soak one-half loaf of stale bread, and mix with one pound of lump sausage, and one egg. Season with parsley or thyme, and salt and pepper. Fill each piece of dough with one small tablspoon of filling, pinch together and drop into boilinig soup broth. Cook one half-hour.

LIVER LOAF

Mrs. F. Y. Ferree, Edwardsville, Ill.

Parboil 2 or 3 lbs. of liver, grind it and add a beaten egg, 2 rolled crackers, a little butter and a stick or two of chopped celery; season with salt, pepper, a dash of cinnamon, clove, nutmeg and celery seed. Mix, using a little water form into loaf and bake. Fill pan half way up sides of loaf with water and baste frequently.

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STEWED VEAL WITH TOMATOES.

Mrs. S. T. Robinson, Edwardsville, Ill.

Brown flour and lard together in a pot, put in the meat, pour over it the tomatoes, strained through a colander, add salt, a dash of red pepper, and a pint of hot water, flavor with thyme. Cook 2½ hours, having only enough liquor left for gravy when done. Serve with steamed rice.

5 lbs. veal ham
1 large cookspoon lard
1 heaping cookspoon flour
¾ can tomatoes

GRAVY FOR BEEFSTEAK.

Mrs. W. R. Prickett, Edwardsville, Ill.

Have the skillet smoking hot before anything is placed in it. Put in the steak and sear it on both sides as rapidly as possible, salting and peppering at the same time. Have ready a heaping tablespoon of melted butter, measured before it is melted. Pour in the butter and turn the steak in it until it is cooked to your satisfaction. Place the steak on a hot platter and add 3 tablespoons of hot, clear coffee, with a pinch of sugar, to the gravy. Stir well together and pour over the steak.

BAKED LIVER

Mrs. Laura L. Kerlin.

To improve liver, cut slashes in it and thread with thin strips of fat bacon. Season somewhat highly and bake for an hour or more. This is the usual manner of its preparation in France.

YORKSHIRE PUDDING.

Mrs. George Dyson.

When the roast of beef is done, pour into the boiling drippings (there must be no water with them) a batter made of the following: 2 eggs, 1 cup of milk, a pinch of salt, 3 teaspoons baking powder, 2 teaspoons of sugar and enough flour to make a smooth batter.

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EXCELLENT BEEFSTEAK GRAVY.

Mrs. M. J. Crist, Lemoyne, Pa.

Fry beefsteak browning nicely, but NOT scorching. When done take out, and place on hot platter. Then slice into the skillet one real ripe tomato. Stir until quite smooth and thicken with flour. Then, if desired, pour over the meat on platter.

Place the steak on a hot platter and add 3 tablespoons of hot clear coffee, with a pinch of sugar, to the gravy. Stir well together and pour over the steak. More butter may be added if more gravy is desired.

TOMATO SAUCE.

Mrs. C. E. Bates, Omaha, Neb.

1 can tomatoes
3 or 4 cloves
1 small onion
A little celery salt

Cook, then strain. Thicken with flour and butter rubbed together, salt; add white and red pepper.

LIGHT DUMPLINGS.

Mrs. H. E. Taylor, Edwardsville, Ill.

1 pint flour
½ tablespoon shortening
1-3 teaspoon salt
1 heaping teaspoon baking powder
Sweet milk to make a soft dough

Mix quickly and lightly. Cut to proper size, form into balls deftly and steam on top of stewed chicken with only enough liquor to make steam but not boil up over the dumplings. Steam quickly 15 minutes.

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Egg Dishes

EGG CUTLETS

Name of contributor mislaid.

½ pint milk
1 tablespoon butter
2 tablespoons flour
3 hard boiled eggs
1 raw egg
1 tablespoon parsley
1 teaspoon salt
½ teaspoon pepper
10 drops of onion juice, if desired

Bring milk to boiling point, add flour and butter rubbed together, stir until it forms a stiff paste. Add, slowly, the raw eggs, well beaten; stir again and remove from the fire. Add the boiled eggs, chopped fine, and the other ingredients; mix all together and turn out to cool. Then shape in cutlet form, dip in egg and bread crumbs and fry in hot fat.

POACHED EGGS ON TOAST.

Mrs. Anna E. Grubb.

Proportion—1 cup of milk to 2 eggs. Pour milk in small sauce pan. Salt to taste, and add small piece of butter. Bring to a slow boil and break eggs into it. When set lift out and place on slices of toast, and pour over them the hot milk. A very nice dish for breakfast, or for a convalescent.

OMELET

Mrs. Arthur Dyer, Edwardsville, Ill.

1 cup milk
1 tablespoon flour
4 eggs beaten separately
½ tablespoon melted butter
A little salt

Mix flour, milk and yolks, stirring in whites last. Butter skillet, turn in mixture, cook on top of stove about 10 minutes, then set in oven to brown.

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ITALIAN EGGS ON TOAST.

Mrs. E. W. Feigenbaum, Edwardsville, Ill.

Boil 8 eggs fifteen minutes; drop into cold water, then remove shells. Separate whites from yolks; chop whites and seive the yolks. Prepare a cream dressing.

2 tablespoons butter, melted
1½ tablespoons flour
A little pepper
2 cups warm milk, or half cream, half milk

Cook to a bubbling, stirring constantly. Then turn into this the chopped whites of eggs, and salt to taste. Have ready slices of toasted bread on hot platter. Place a portion of the dressing on each slice of toast. Sprinkle the seived yolks over the top.

BAKED EGGS.

Mrs. Mary Haneline, Monticello, Illinois.

Bake in gem tins. In to each tin put 1 teaspoon butter, break into this an egg, pepper and salt, and over with cream, put into oven and bake.

OMELET NO. 1

Mrs. E. Foreman, Edwardsville, Ill.

Beat four eggs very light. Have ready a pan of hot butter; pour the beaten eggs into it, and fry until a fine brown color on under side. Fold over and serve hot.

OMELET No 2

4 eggs
1 cup milk
1 tablespoon pounded crackers
1 tablespoon flour

Double in four, or, when egg is placed on griddle, scatter a layer of finely chopped ham, veal, or cold chicken, and fold.

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CREAMED EGGS.

Mrs. Jennie B. Fulton

Set over the fire a porcelain lined pan, capable of holding just the requisite number of eggs, so that they will lie close together, the whites forming, when cooked, a layer nearly an inch in thickness. In this pan pour a gill of thin cream, have ready six eggs, broken, one by one, in a saucer and slipped into a larger dish, and as soon as the cream reaches the boiling point, turn in the eggs. Season with salt and pepper. Simmer two minutes, and set in the oven until the yokes show a tendency to thicken, but do not allow them to harden.

STUFFED EGGS.

Mrs. M. Brandt, Fayetteville, N. C.

Cut 6 hard boiled eggs in two lengthwise or across; if the latter, cut a slice from each end, so they will stand up. Mash the yolks fine and add to them a little more than half their bulk in finely ground cooked meat, preferably ham; season with salt, ¼ of a saltspoon of mustard, and 1 level teaspoonful of shopped parsley; moisten to a paste of consistency with cream or raw egg, and fill into the cooked whites, rounding over the tops. Rub with melted butter, place on a baking dish, pour around either a good meat gravy or white sauce, and bake until brown.

Or mash the yolks as above, season with salt, pepper, melted butter and parsley; fill into the whites, rub over with raw white, and press two halves together, making a whole egg; cover with beaten egg, roll in crumbs, and fry in deep fat. Cover the bottom of a hot platter with half an inch of tomato sauce, squeeze the left-over eggs over it (there will only be enough to be decorative) and lay in the eggs. Garnish the edge of the platter with parsley sprigs.

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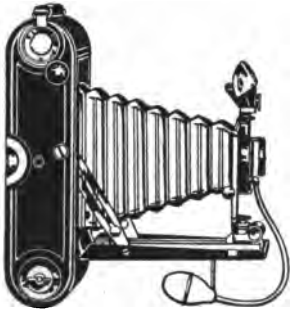
DEVILED EGGS

Mrs. B. E. Smith, Greensboro, N. C.

Boil eggs hard, cut in two, remove the yolks, mash fine, season with salt, pepper, butter, mustard, add spoonful of chow chow or vinegar; fill, set in dish on lettuce or parsley.



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Cheese Dishes

CHEESE RELISH.

Mrs. J. Frank Black

1 pint milk
1 teaspoon cornstarch
Lump of butter size of walnut
1 teacup grated cheese
½ teaspoon mustard
A dust of cayenne

Mix together, heat, and spread over toast.

CHEESE CROQUETTES.

About ¾ lb. mild cheese
2 tablespoons butter
1 egg yolk
3 level tablespoons of cornstarch
1 cup milk

Make a cream sauce with the butter, cornstarch and milk. Beat into this the egg yolk, and season highly with pepper and a little salt. Add two tablespoons grated cheese, and when melted, remove from the fire, and stir in gently one generous cupful mild cheese, cut in small cubes. Cool the mixture thoroughly, and shape into croquettes. Dip in egg and bread crumbs, fry in hot fat, drain well on soft paper, and serve in a nest of parsley or lettuce leaves.

CHEESE SOUFFLE.

Mrs. Mary Davidson

Make a white sauce by cooking together one tablespoon flour and a small tablespoon of butter, then adding ½ cup of milk, 2 tablespoons of grated cheese and salt and pepper to taste. Cook until thick. Take from fire and when cool add the yolks of two eggs, well beaten. Last of all the beaten whites. Put into a baking dish in a moderately hot oven and when brown it is ready to serve.

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SIMPLE CHEESE RECEIPT.

Mrs. Mary V Culbertson, West Hope Church, Philadelphia

Cut the cheese in thin pieces, put in a spider and put milk in to cover the bottom of the pan. Place on the stove where it will melt, and keep stirring until all is melted. Let it boil a minute, then add one egg that has been beaten a little, boil it up and it is ready to serve. If preferred, a sliced or grated onion may be added at the beginning.

CHEESE STRAWS

Mrs. R. M. Douglas, Greensboro, N. C.

To 1 pound of grated cheese add 1 quart of flour, ¼ pound of butter, a pinch of cayenne pepper and plenty of salt; knead well, roll, cut in strips, and bake in a quick oven.

CHEESE STRAWS.

Mrs. M. W. Embrey, Greensboro, N. C.

Make a rich pastry, roll very thin and baste with butter highly, sprinkle with grated cheese; fold and roll again, each time adding butter and cheese. Cut in strips ¾-inch wide and four inches long, bake quickly.

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CHAPTER III

FISH

"No fisher
But a well wisher
To the game."—*Scott*

Directions for preparing.—Clean fish carefully, slit it low enough so as not to have any blood on the backbone, but do not make too large a cut so as to spoil looks of fish; wash thoroughly in cold water. GREAT CARE must be taken not to break the gall, for it would make fish bitter. Use good dripping or lard for frying.

BAKED FISH AND STUFFINGS.

G. M. C. B.

The best fish to bake are white fish, bass, pickerel, pike, red-snapper, shad, etc., all having white flesh. They should be basted often, and a stuffing also serves to keep the fish moist as well as to season it. Clean, wipe and dry the fish. If it is a slimy fish, scald with hot water before attempting to clean. Rub with salt inside and out, stuff, and sew with soft darning cotton, leaving a large knot at one end that you can find after the fish is baked; cut gashes two inches apart on each side so they will alternate (not opposite to each other) and skewer into the shape of an S or an O; put the fish on a sheet, rub all over with soft butter, salt and pepper, and place narrow strips of salt pork in the gashes; dredge with flour (or not, as you please), and put into a hot oven WITHOUT WATER. (The fish sheet, or tin, should fit into the baking pan, if one is used, loosely so that it may be easily removed). While baking baste with hot water and butter as soon as it begins to brown, and repeat every ten minutes. When done slip carefully from the fish sheet on a

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hot platter, draw out the string, wipe off all the water or fat which runs from the fish and remove the pieces of pork. Pour a Hollandaise sauce, around (not over) the fish, or serve a drawn butter sauce, flavored with lemon, and pile Saratoga chips lightly around the fish. Garnish the head of the fish with parsley or water cresses. Fish that have been frozen are almost sure to break; if they do, fill the broken places with parsley.

Stuffing for Baked Fish

For a fish weighing 4 to 6 lbs. take one cup of cracker crumbs, one saltspoon of salt, one saltspoon of pepper, one teaspoon of chopped onions, one teaspoon of chopped parsley, one teaspoon of capers, one teaspoon of chopped pickles.

Bread Stuffing

Soak half a pint of bread crumbs in cold water; when soft press out all the water. Fry one tablespoon minced onion in two of butter, add the bread, a teaspoon chopped parsley, pepper and salt. Let cook till nearly dry. Cool for a few minutes, and beat in one egg.

PLANKED WHITEFISH

Mrs. W. O. Paisley, Lincoln, Ill.

Have an inch basswood or cottonwood board cut to a size a little longer than the fish.

Use one that is well seasoned, and if the bass or cottonwood cannot be had, be sure to use a wood with no resin in it. Take a whitefish (or a shad) clean and split it open; place on the plank, skin side down; season with salt and pepper and baste with butter. Bake in moderate oven about 30 minutes.

When done, garnish with creamed potatoes and again place in oven and brown, after which trim the edges with parsley and slices of lemon. Serve at once on the plank.

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BAKED HADDOCK

Mrs. James Davidson

Put 2½ lbs. haddock in pan with little water, a lump of butter, pepper and salt. Bake about forty to fifty minutes. Make a sauce by smoothing together a tablespoon each of butter, flour, and chopped parsley, and stirring into one cup of milk in sauce pan, stir while cooking, season with salt and pepper and pour over fish, when done.

BAKED SHAD

Mrs. Margaret A. Stott

In the opinion of many people, the best way to cook shad is to bake it. A roe shad is preferable. Fill it with a stuffing made of bread crumbs, salt, pepper and parsley, mixed with the beaten yolks of 2 eggs. Stuff the fish and either sew it up or tie it around with string. If you like, score it in several places on top and lay in the cuts slices of salt pork or bacon. If baked in a Savory (covered bake pan) lay in without water, but if an open pan, pour over it a little water and melted butter, and bake as you would a fowl, an hour or more. Garnish with sliced lemon and water cresses or parsley. If desired bake the roe alongside of the shad, or fry as follows: Dip in beaten egg then roll in bread crumbs and fry in hot bacon fat or lard.

BROILED MACKEREL NO. 1

Mrs. S. T. Robinson, Edwardsville, Ill.

In the evening wash mackerel well in several waters and soak over night. In morning heat skillet well, use heaping tablespoon, half lard, half butter, when hot place mackerel in pan open side down. Turn two or three times until done. Serve with butter gravy in which it was cooked, poured over.

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BROILED MACKEREL NO. 2

Mrs. H. H. Forman, Edwardsville, Ill.

Soak over night with open side down. In morning rinse and suspend, head down, to drain. Place in wire broiler over a hot bed of coals, turning often. Remove to hot platter, season with pepper and butter and garnish with parsley.

SALMON LOAF

Mrs. Mabel F. Safford, Edwardsville, Ill.

1 can salmon
3 eggs
½ cup bread crumbs
Salt and pepper to taste
¼ cup melted butter
A little each of minced parsley, cayenne and lemon juice

Flake the salmon, add beaten yolks of eggs and other ingredients and lastly the whites of the eggs beaten stiff. Bake in oven half hour; serve with drawn butter sauce to which add 2 hard boiled eggs.

SALMON CROQUETTES

Miss Lydia Eyre Baker

1 can salmon
1 cup sweet cream
3 tablespoons flour
1 large tablespoon butter
1 tablespoon chopped parsley
1 teaspoon salt
Juice half lemon
A little cayenne

Drain salmon—chop fine, add to it the salt, parsley, lemon juice and cayenne. Mix thoroughly. Let the cream boil. Rub butter and flour smooth; stir into boiling cream, stir and cook 2 minutes. Season to taste; stir into salmon, mix well and put to cool. When cool form into croquettes. Roll in cracker dust and egg. Fry as doughnuts.

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CODFISH CAKES

Mrs. S. M. Pierce

Put 2 lbs. of codfish to soak over night. Drain off the water, then cover again with water and boil until tender. Then pick to pieces and mix with twice as much mashed potatoes, make into balls and fry in hot fat.

CREAMED FSH

Mrs. Frank Crossley, Crescentville, Pa.

1 cup cold cooked fish
1 cup white sauce
1 cup of milk
1 tablespoon bread crumbs

Scald the milk in saucepan, thicken with flour and add a piece of butter, season to taste, parsley or onion juice add to its flavor. This constitutes the white sauce. Remove the bone, skin and brown crust from the fish, flake it, mix with th ehot sauce, pour into a buttered dish, sprinkle the bread crumbs over the top and bake a light brown.

TO FRY SMALL FISH

Clean fish, and let them lie a few minutes, wrapped singly in clean dry towel; season with pepper and salt, roll in corn meal, fry in 1-3 butter and 2-3 lard; drain on sieve and serve hot.

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Shell Fish

CREAMED OYSTERS

Mrs. Norris Powell

Twenty-five large oysters; pick out of liquor and see that all shells are removed. Strain the liquor and add three tablespoonfuls to the oysters; put in stew pan, adding salt and pepper to taste. Mince very fine a little celery to flavor. Add one pint of rich milk and let come to boiling point. Then add one teaspoonful of cornstarch mixed in a little water and one tablespoonful of butter. Let cook just till the oysters ruffle.

DEVILED OYSTERS

Mrs. G. W. Haggerty, Lemoyne, Pa.

Twenty-five nice fat oysters (or one pint). Draw liquor and chop fine; add two tablespoons rich cream, one or melted butter, two, or four, hard boiled eggs chopped fine with oysters; a little bit of onion, salt and pepper, and to the 25 oysters use tea cup of bread crumbs to thicken.

Place the batter in the shells, which have been previously cleaned. Sprinkle a few bread crumbs on top and brown in a hot oven. Do not leave in oven over five or six minutes as they will dry out.

The four eggs, one onion, and a little more butter and cream, then the amount named, makes a richer, softer batter.

SCALLOPED OYSTERS.

Mrs. Sarah R. Rebert

1 pint oysters
2 tablespoons butter
2 tablespoons cream
2 tablespoons oyster liquor
Salt and pepper
Bread crumbs

Put a thick layer of bread crumbs in bottom of baking dish, then layer of oysters, cream, butter and oyster liquor then bread crumbs. The top layer should be of bread crumbs. Bake half hour.

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FRIED OYSTERS

Mrs. A. D. Yocum

Do not drain oysters to be fried, but let them remain in liquor until ready to be dipped.

Lift each oyster carefully with sharp kitchen fork, and dip in cracker dust (freshly rolled), then in beaten egg, and again in the cracker dust. Place on a large platter two hours before frying. For frying use a very small, deep agate sauce-pan, and have lard about two inches deep, and boiling hot. Fry only three or four oysters at a time, as it takes but a minute. Lift out with wire spoon and place on brown paper in hot oven. Do not pile up or cover, and serve as quickly as possible.

PANNED OYSTERS

Mrs. John H. Rowe

Pick over the opened oysters to remove bits of shell. Wash quickly in cold water and drain on sieve.

Put one tablespoon butter (to about 25 oysters) into sauce pan with the oysters and a dash of salt and pepper. Cover and shake over a hot fire until edges ruffle, and oysters are plump. May be served on toast.

OYSTER PIE

Mrs. S. M. Pierce

Sift 1 qt. flour, 2 teaspoons baking powder and salt (to taste) together, then work into it 1 tablespoon butter, and 1 tablespoon lard, and mix with ice-cold water. Roll out and line a deep baking dish; fill with oysters, retaining a portion of the liquor, a few slices of cold boiled potatoes, and a piece of butter the size of an egg, cut into small pieces. Cover with an upper crust and bake in oven.

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OYSTER PATES

Miss Mary Volkhardt

1 quart oysters, minced fine with a sharp knife, 1 cup rich drawn butter based upon milk (see Meat and Fish sauces) cayenne and black pepper to taste. Stir minced oysters in drawn butter and cook 5 minutes. Have ready some shapes of pastry, baked in patty-pans, then slipped out. Fill these with the mixture; set in oven 2 minutes to heat and send to table.

To Make the Patty Shells

Any good recipe for puff pastry. It is generally made with butter, kept ice cold, and is better if it stands in a cool place an hour or two before baking. To shape the paste for patties, roll to about 1-3 inch in thickness and stamp out with two and one-quarter inch cutter, twice as many pieces as you want shells. Cut centers from one-half of them, leaving the rim about half inch wide. Lay these rings on the whole rounds, pressing them down that they may stick together. If very cold weather it may be necessary to wet the top of the large rounds near the edge, to make sure that the rings shall not slip. Bake the centers for covers for the shells. Patty shells should rise in ten minutes, and then take about twenty minutes longer to bake through and brown.

PICKLED OYSTERS

Take any quantity of oysters desired, put into a colander, and scatter salt through them to clean them, then wash them in clear water. Have ready a saucepan of boiling water, throw the oysters in and let them boil gently until the seams curl up. Take off and put them immediately into ice-cold water to plump them. Now take the liquor of the oysters, boil and skim well; season to taste with mace and allspice. Add a little vinegar (not too much), when this boils, throw in the oysters; boil up once, and take off. Keep in liquor, and eat cold.

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CREAMED OYSTERS

Mrs. Lizzie Thomas

Prepare 1 cup thick cream sauce (see sauces). Pan 1 pint cleaned oysters, drain and add to sauce. Season with salt, pepper, pinch of mace and few drops of lemon juice.

DEVILED CLAMS

Miss Luckie

2[c] large clams
1 egg
½ pint milk or cream
1 tablespoon butter
2 tablespoons flour
3 tablespoons bread crumbs
1 tablespoon chopped parsley
Salt and pepper to taste

Wash the clams and drain through a colander, cut the black heads from them and chop very fine. Put the milk in a small pan and set it over boiling water until boiling hot. Mix the butter and flour together and add to the boiling milk. Slightly beat the egg and add that. Now put in the clams and cook a few minutes until they taste done. Add parsley salt and pepper and bread crumbs and brown in the oven.

DEVILED CRABS.

Mrs. William Provost, Jr.

1 quart crab meat
1 pint milk
1 teaspoon chopped parsley
3 teaspoons flour
3 tablespoons butter
Juice of one small onion
Salt and pepper to taste

Put the milk on to boil in double boiler; when it reaches the boiling point add butter and flour which have been previously worked together, add crab meat, onion and parsley, salt and pepper, let boil a few minutes.

Take from the fire, let cool, and then fill the shells. Put beaten egg and cracker crumbs on top and fry in boiling fat.

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CLAM CHOWDER.

Mrs. Taylor W. Smith

25 clams cut up, ½-lb. salt pork chopped fine, 6 potatoes sliced thin, 4 onions sliced thin. Put pork in kettle; after cooking a short time add potatoes, onions and juice of clams. Cook 2½ hours then add clams. 15 minutes before serving add 2 quarts milk.

CLAM BROTH.

Mrs. John Taylor.

25 clams washed and drained, steam till the shells open easily; save every drop of juice that comes with opening and add enough water to make one quart. With a pair of scissors trim off the soft part of the clam and reserve to serve with the broth. Chop the tough portions a little and simmer 15 minutes in the broth. Strain and add pepper and salt, if needed, and serve in very small bullion cups. Send the reserved portion to the table with melted butter and lemon juice poured over them.

OYSTERS AND MACARONI

Mrs. J. Frank Black

Boil macaroni in a cloth and keep it straight. Put a layer in a dish, season with cayenne and salt, then a layer of oysters, and so continue until dish is full. Mix grated bread with one egg and spread over the top, having previously put small bits of butter and some milk over macaroni and oysters. Bake ½-hour.

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STEWED OYSTERS

Mrs. Fulton.

Pick over and wash 1 quart oysters. Scald 1 pint milk. Strain, boil, and skim oyster liquor; when clear add oysters. Cook till oysters are plump and well ruffled; take from fire, add hot milk, salt and pepper.

If desired thicker, rub together one tablespoon each of butter and flour; add to milk and stir until smooth. This may be varied by addition of a little chopped celery or onion.

MEAT AND FISH SAUCES

G. M. C. B.

The foundation for almost all our common sauces is what the French call a "roux," made as follows:

Melt one ounce (one rounded tablespoon) butter in a sauce pan and let it boil until it begins to show a pale straw color. Add two tablespoons flour and stir briskly. Add one pint hot milk, or milk and water, or water, pouring slowly and beating hard, add one-half teaspoon salt, one-half saltspoon white pepper, and you have a plain white sauce or drawn butter, to which a good tablespoon of butter should be added just long enough to melt before going to the table. When the butter and flour are allowewd to become brown, it is called a brown roux and is used for soups, stews, gravies, etc.

CREAM SAUCE, NO. 1

Cream one pint cream, one-half teaspoon salt, one tablespoon butter, ½-saltspoon pepper, 2 tablespoons flour, a speck of cayenne. Make as above.

CREAM SAUCE NO. 2

Make as No. 1, using only one scant tablespoon flour and thicken with a liaison of 2 eggs beaten with an equal bulk of cold water, return to the sauce pan until the sauce thickens like soft custard.

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CREAM SAUCE FOR CROQUETTES, ETC.

Allow 2 tablespoons butter and 4 heaping tablespoons flour to a pint of cream seasoning as before. This sauce is much improved by using half or more rich chicken stock in place of all cream.

HOLLANDAISE.

Cook one tablespoon flour in one teaspoon butter, add slowly one cup of strong veal or chicken stock; when it boils remove from fire and whisk in yolks of 4 eggs beaten smooth with one tablespoon lemon juice and a few drops of onion juice if desired; return to the fire and stir constantly until it begins to stiffen, then drop in one tablelspoon butter and beat with whisk till dissolved and smooth. It sounds like more trouble than it really is, and it is the best sauce made for boiled fish, cauliflower, asparagus, etc.

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CHAPTER IV.

SOUPS

Soup stock is made from cheap, tough cuts. The meat should be cut in small pieces and soaked in cold water for half an hour to draw out the juices. Bone is added for the sake of the gelantine which it contains, and which will give body to the soup. A good proportion is 1 pound each of meat and bone to each quart of water. Use a kettle with a very tight cover, and simmer slowly for a number of hours. Stock is better when made the day before it is used.

SOUP STOCK.

1 lb. lean beef
1 lb. bone, or 2 lbs. of shin
1 quart cold water
1 teaspoon salt
½ teaspoon pepper corns
1 teaspoon mixed herbs
2 cloves
2 allspice berries
1 sprig parsley
1 tablespoon each kind chopped vegetables.

Prepare meat as above, soak in the water ½-hour, heat slowly and simmer 3 hours, add vegetables and seasoning, simmer 1 hour longer, and strain. Next day remove cake of fat.

To clear stock beat white 1 egg till frothy, add, with broken shell to above stock when cold, (after fat is removed); heat slowly and stir constantly. Boil 10 minutes without stirring; set aside 10 minutes. Strain through 2 thicknesses cheese cloth dipped in cold water.

CORN SOUP.

Mrs. H. C. Duff.

Stew one-half can corn, or two cups corn, with one-half cup water until soft. Scald one pint milk, with salt and pepper added, in the top of a double-boiler; add 1-2 tablespoon of sugar; pour in the corn and strain if desired.

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CREAM OF CELERY SOUP.

Mrs. Charles H. Mubbard.

3 roots of celery
1 quart milk
1 pint water
2 tablespoons flour
1 tablespoon butter
Salt and pepper

Boil celery until tender and put through a colander. Heat milk, add water and celery. Rub butter and flour together and stir into boiling soup, and stir constantly until it thickens, add salt and pepper.

OYSTER SOUP.

Mrs. Margaret Grubb.

Drain liquor from 50 oysters, into a kettle. Examine oysters to be sure that all particles of shell are removed. Put about a quart of milk on the stove in stew pan. When it reaches boiling poin stir into it 4 ounces butter and 2 teaspoons flour rubbed together, then let it come to a boil.

Strain the liquor, pour over the oysters and heat, add the heated oysters quickly to the milk, season with salt and a dash of cayenne, remove from fire and serve.

GREEN SPLIT PEA SOUP.

Mrs. Lillian H. Maris.

Take ½-pound green split peas, wash them well and put them in a large soup kettle with 4 or 5 quarts of cold water. Let it come slowly to a boil, then boil rapidly for half-hour or more, then gently till all appearance of hard particles is removed, (between 3 and 4 hours). Season with salt, pepper, and a dash of red pepper. Just before serving add a cup of cream or rich milk. Water must be added during boiling. When finished there should be about 3 quarts. This is a very inexpensive and highly nourishing soup.

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VEGETABLE SOUP

Mrs. W. D. Duff, Lincoln, Ill.

Put meat in cold water and boil 2 hours, salt, add 1 tablespoon barley, 1 tablespoon rice, ½ can tomatoes; grind in meat grinder 2 medium sized potatoes, 1 large onion, 1 turnip, 1 carrot, ¼ head cabbage, 1 stalk celery (use the dried leaves when celery is out of season), sprig of parsley and add to the boiling stock. Just before serving slice in half lemon.

TOMATO SOUP.

Mrs. B. H. Sweney

1 quart tomatoes
1 pint water
½ an onion
Sprig of parsley
Little celery

Put all together and let boil for fifteen minutes. Then take from stove and put through a sieve. Return to fire and add a good size piece of butter and a little thickening of milk and cornstarch, and let boil until proper thickness.

POTATO SOUP.

Miss Florence Adele Spencer.

3 potatoes
1 pint milk, or
1 pint milk and water
2 teaspoons chopped onion
1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
⅛ teaspoon white pepper
2 teaspoons parsley
Celery salt

Cook the potatoes until soft, drain; cook the milk and onion in a double boiler. Beat potatoes with a wire potato masher. Add the hot milk, strain, and use this to make a white sauce, adding other ingredients, except parsley, which must be added just before serving. Cook 5 minutes, and serve.

Croutons.

Cut pieces of stale bread into cubes, and brown in the oven.

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TOMATO SOUP.

Mrs. A. H. Leeder.

Boil 1 onion, celery, 2 carrots, 1 bay leaf, 6 whole peppers and 2 cloves, until vegetables are tender. Mash through a colander, and add 1 quart of tomatoes and 1 quart of water. Boil slowly for a short time, add salt, sugar, a large piece of butter, and a teaspoonful of flour mixed with water, and strain again.

TOMATO SOUP.

Mrs. John I. Hoffecker.

Take 1 pint of stewed tomatoes, two tablespoons of sugar, the juice of one onion, boil together. Then add 2 tablespoons of flour, and ½ teaspoon of baking soda. Let one quart of milk come to a scald, then pour milk in with tomatoes, stir well, and season with salt, pepper, and a tablespoon of butter.

CHICKEN SOUP

Mrs. Arhur Quisenberry, Lincoln, Ill.

Cut the chicken as for frying, put in kettle with sufficient water to cover. Season to taste and boil slowly until very tender. Remove chicken from broth, and to the broth add enough water to make a quart; add 1 pint sweet milk. Take 2 tablespoons flour and stir in cold milk to make it like cream; beat until smooth and add to the boiling broth. Boil 2 minutes and send to table steaming hot.

NOODLES.

Mrs. Fulton.

1 egg
A pinch of salt
2 tablespoons water, or
Half the eggshell full

Stir in, and work in, all the flour it will take. Roll as thin as you possibly can; hang over a chair back on a napkin to dry; then roll up like a jelly roll and slice off as thin as a wafer.

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BEAN SOUP.

Mrs. H. C. Duff.

Cook three pints of soup or marrowfat beans with one one-half pounds of fresh pork. When done, remove the meat. Take out a dish of beans to serve for dinner. Take a pint of beans and run them through a sieve. Have as much water as necessary for the amount of soup desired, add the pulp and a tablespoonful of butter, make thickening of one tablespoon of flour, and one-half cup sweet milk, one well-beaten egg and one onion cut fine. Salt and pepper to taste.

SAVORY SOUP

Mrs. Fulton.

Buy a good soup bone, either a joint or piece of shin. Keep well covered with water and cook slowly for several hours, until the bones are bare. Strain and set in a cool place until the fat forms in a cake, when it should be removed. All pieces of meat should be picked out and placed in bowl and seasoned, a little vineger and a portion of the stock poured over, and set aside to serve when cold. Chop together, all kinds of vegetables, ¼ cabbage, 2 potatoes, 2 turnips, 1 onion, tomato, celery, corn, lima beans, anything in season, a very little piece of a red or green pepper, and rice or barley if desired. Also macaroni (Conchigli). Add these to the broth, and water enough to cover well, salt and cook until vegetables are all tender, then add a sprig of parsley, and a little sage and thyme, add water occasionally so that you will have about 4 quarts of soup when done. Is excellent heated over the next day.

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NOODLE SOUP.

Mrs. F. A. Frarer, Jr., Lincoln, Ill.

One egg well beaten, mix with enough flour to make a stiff dough, roll as thin as possible; let dry 25 minutes; cut in strips 1 inch wide, lay strips one upon the other and cut as small as possible crosswise; stir into beef, veal or chicken broth, while boiling. Boil 20 minutes; serve immediately. Try above once, and you will try it again.

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CHAPTER V.

VEGETABLES

"Cheerful cooks make every dish a feast."

To Prepare Vegetables.

Mrs. John A. Hanna.

Have them fresh. Wash well, cutting out all decay. When peeled, let lie in cold water. Always let water boil before putting them in.

Turnips—Boil 40 minutes to 1 hour.

Beets—Boil from 1 to 2 hours then put in cold water and slip skins off.

Spinach—Boil 20 minutes.

Parsnips—Boil 20 to 30 minutes.

Onions—Best boil in 2 or 3 waters adding milk the last time.

String beans—Boil one and one-half hours.

Shell beans—Require 1 hour.

Green Corn—Boil 20 minutes.

Green Peas—Should be boiled 20 minutes in as little water as possible.

Asparagus—Same as peas; serve on toast with cream sauce.

Cabbage—Boil from 1½ to 2 hours in plenty of water. There are two ways recommended for cooking cabbage so that it will be odorless. One is to never allow the water to heat above the temperature that will cause it to simmer gently. And the other is, to drop it leaf by leaf into boiling water and cook until tender. The theory is not to break the cells that contain the odor.

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SAUCEPAN TOMATO RAREBIT.

Mrs. John A. Hanna.

1 onion
½ lb. milk American cheese
½ can tomatoes
Butter size of a walnut

Fry onion in butter until brown. When quite brown and frizzled up, turn in the ½ can tomatoes; grate or cut cheese in small pieces and add to boiling tomatoes and stir until melted and smooth. Serve on toast or crackers.

PARSNIP STEW.

Mrs. Bunyea.

1 quart parsnips
1½ lbs. pork chops

Salt to taste and cook together until tender. Then add dumplings, made as follows: Sift 2 teaspoons baking powder with flour enough to thicken 1 pint of water, add 1 teaspoon salt. Drop into the boiling stew.

ESCALLOPED CABBAGE.

Mrs. Slocum, Sr., West Park Presbyterian Church, Philadelphia.

Half small head of cabbage, chopped to pieces 1½ inches in length. Boil it 20 minutes. Drain in a colander.

Heat 2 tablespoons of butter in saucepan; when melted, stir in 2 tablespoons of flour and nearly one pint of sweet milk; stir until it thickens; add 3 hard boiled eggs chopped coarse, 1 teaspoon salt and a little pepper. Take about 2 cups fine bread crumbs moisten with melted butter. Put a little butter in baking-dish to keep it from sticking. Put layer of cabbage then bread crumbs, then dressing alternate as before, leaving crumbs on top. Bake 20 minutes.

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LADY'S CABBAGE.

Mrs. C. N. Travous, Edwardsville, Ill.

Put 1 quart of chopped cabbage in a kettle of boiling water; add a teaspoonful of salt and boil 20 minutes.

Drain, turn into a heated dish, pour over cream sauce, and serve.

Cream Sauce for Cabbage.—Melt a tablespoonful butter, add a tablespoon flour, a half-pint of cream or milk, stir continually until it boils, add half teaspoon salt, a dash of pepper and it is ready to use.

DEVILED POTATOES.

Mrs. Fulton.

Select medium sized, well-shaped potatoes. Bake so that the outside is firm and crisp, not too brown. Cut in halves, crosswise. Scrape out the insides rapidly, so they keep hot, mash and season, and return to the shells. Place in baking pan, on end, and brown in oven. Serve at once.

POTATO PUFFS.

Miss Maggie Vance.

½ cup mashed potatoes
1 egg
Salt to taste
½ cup milk
1 teaspoon baking powder
Flour to stiffen

Mix well, using enough flour to stiffen so that it will drop from a spoon. Fry on hot pan with fat.

SCALLOPED POTATOES.

Mrs. Ann Kennard.

Peel and slice potatoes as for frying. Put them into baking pan with enough sweet milk to cover potatoes; add butter or cream for seasoning and bake in oven. Do not salt until about done, then stir in salt and finish baking. (Salt causes milk to curdle). Onions or a little parsley may be added, if desired.

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POTATO CROQUETTES.

Mrs. Margaret Grubb.

1 pint hot mashed potatoes
1 teaspoon salt
1-3 teaspoon pepper
1 teaspoon onion juice (if desired)
1 tablespoon chopped celery
1 teaspoon butter
About ½ cup cream

Beat well together, shape into pyramid shaped croquettes, half size of an egg. Set on a board to dry for an hour or more, dip in beaten egg, roll in bread crumbs, and fry in deep kettle of smoking-hot fat.

DAMASCUS STUFFED CABBAGE.

Mrs. Sara H. Kasab.

1 medium size loose cabbage
½ lb. beef or mutton
1 small cup rice
Salt and pepper to taste

Place whole cabbage in a vessel. Cover with boiling water, then put on lid and steam until soft. As the outer leaves soften, remove, so that the remainder will soften in proportion. All must be just soft enough to roll. Thin the thick part of the stock from the center of leaves, cutting the large leaves in half, and simply removing the stock from small ones.

Place the pieces of stock lengthwise in bottom of kettle to prevent the rolls from sticking.

Grind the meat through coarse grinder, with some fat. Clean the rice and mix with chopped meat, and salt and pepper.

Lay the cooked cabbage leaves flat on the board and fill each with about one tablespoon of the mixture. Roll up like a cigar and place closely, side by side in layers, in the kettle. Then cover well with boiling water, and press down well with a plate, leaving the plate on until done. Simmer over medium fire for two hours. Half hour before serving add juice of one lemon, and, if desired, a sprig of dried mint.

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LYONNAISE POTATOES.

Mrs. H. E. Taylor, Edwardsville, Ill.

Put 1½ tablespoons butter in a frying pan. When melted add a scant tablespoon chopped onion; let it color slightly; then add two cupfuls cold boiled potatoes, cut into dice. Stir until the potato has absorbed all the butter and become slightly browned, then sprinkle with salt, pepper and a tablespoonful chopped parsley. Mix well and serve very hot.

SOUTHERN SWEET POTATOES

Mrs. C. R. Lee, Omaha, Neb.

6 sweet potatoes, boiled
Butter size of an egg
1 cup brown sugar
½ cup water

Cut potatoes in half, lengthwise. Make a syrup of the sugar, water and butter, and pour over the potatoes. Sprinkle sugar and small bits of butter over the top and bake in slow oven about an hour, in buttered pudding dish.

CREAM SWEET POTATOES.

Mrs. M. A. Winstead, Greensboro, N. C.

To 1 quart of mashed potatoes add 1 tablespoon of butter, 2 tablespoons of sugar, 1 cup of sweet milk; cream this together and put in a baking dish and let it brown till it becomes light brown.

STEWED STRING BEANS.

Mrs. Sara H. Kasab.

¼ peck beans (green or wax)
1¼ lbs. rack of lamb, cut in chops
½ can tomatoes
2 large onions
Salt and pepper to taste

Prepare beans for cooking. Fry the meat browning well. Slice the onions and fry in bacon fat, then add, with beans, to the meat, and cover with a lid. Cook half an hour, shaking pan often; then add tomatoes, and water to cover; cook for two hours.

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BOSTON BAKED BEANS

Mrs. John Killin, North Weymouth, Mass.

One quart of navy beans; pick over carefully and soak over night. In the morning put on the back of the stove, and cover with boiling water. After they have parboiled half and hour take up a spoonful and blow on them; if the skins curl back they are done. Put them in a colander, and pour a dipper of cold water through them. Take a deep earthen bean pot holding 2 quarts, put in some of the beans, then half-pound salt pork "a streak of lean, and a streak of fat" (the pork must be washed with warm water and gashed across the top)—then fill up with beans. Take one teaspoon of salt, half a teaspoon of mustard, and two tablespoons of molasses; dissolve in hot water and pour over the beans; then fill the pot with hot water. They must be baked six hours, and as much longer as you please. Whenever the water cooks away, fill the pot again until nearly done, then let the water cook away.

BAKED BEANS.

Mrs. Fulton.

Pick over 1½ pints beans. Cover well with water to which has been added a saltspoon of soda. Boil until the skins are shriveled, and the water quite green. Drain well, cover again with water, and cook until a sharp-pronged fork will go through, but not mash them. Drain again and place in a deep pan or baking dish. Prepare about ¼-pounds or ½-pound (according to taste) of salt pork, or smoked bacon, and press it down well into the centre of beans. Sprinkle plentifully with salt and pepper, pour over them 1 cup of table syrup, and as much water as the dish will hold. Cover with a plate or lid which fits closely, and bake in a slow oven from 4 to 6 hours, adding water when necessary.

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SCALLOPED CORN.

Mrs. Mary Wyatt, Lincoln, Ill.

1 can corn	Butter size of an egg
1 pint sweet milk	Salt
6 crackers, rolled	Pepper

Lay a part of the corn in baking dish; sprinkle with salt, pepper and part of the butter; then a layer of crumbs, more corn, etc., until all are used. Pour the milk over and bake 20 minutes then set up to brown. Tomatoes may be substituted for corn in same way, by leaving out the milk.

FRIED TOMATOES.

Mrs. Mabel F. Safford, Edwardsville, Ill.

Cut then in halves, or in slices if too large, and dust each surface with salt, pepper and sugar, and enough very fine bread crumbs (or flour)to dry them. Have some hot butter (or good pork fat in the)frying pan and brown the tomotaes on both sides. Drop bits of butter between them and stand over a moderate fire to cook very slowly. When tender take up carefully with a cake turner and serve on a heated platter. They are sometimes finished with a cream gravy as follows: Pour over them enough cream to nearly cover, let come to a boil, and simmer five minutes. Lift the slices carefully and thicken the gravy with 2 egg yolks beaten with a little old cream. Do not let it quite boil, but serve as soon as thickened. A more simple way to make the gravy is as follows: After the slices are carefully lifted to the heated platter, as above directed, add a little butter to that left in the frying pan, if necessary, and smooth into it a cookspoon of flour then add a pint, or more, of rich milk, stir constantly until it is thickened, season with salt, pepper and sugar, and pour over the tomatoes, just before serving. One piece of tomato, if very soft, may be stirred up with the gravy, if desired. This gives the gravy a richer color and flavor.

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STUFFED BAKED TOMATOES

Mrs. R. Chester Spencer, Ridley Park, Pa.

Remove the blossom end of 12 medium sized tomatoes, and, with a teaspoon, scoop out the middles and dust inside with salt, then turn upside down to drain while you prepare the following:

2 tablespoons flour
2 tablespoons butter
2 cups milk
4 tablespoons grated cheese
3 eggs
Bread crumbs

Melt the butter and flour together over a slow fire, then add two cups milk and cook until thick. Season with a pinch of red pepper and salt to taste.

Remove from fire. Grate 4 tablespoons cheese and add to the cooked sauce. Separate 3 eggs, beat both parts until light. Add the yolks to the sauce, and, lastly, fold in the well beaten whites. Fill the tomatoes, sprinkle tops with bread crumbs and bake in moderate oven about ½ hour.

FRICASSEE OF TOMATOES.

Mrs. Annie E. Grubb.

Take 8 small tomatoes, scald and remove skins, then place in sauce pan with a little water, let cook slowly 10 minutes, pour in colander and drain. Cook again, add seasoning and a pinch of soda. Then add ½ cup cream or rich milk which has been thickened with 2 dessert-spoons of flour and three ounces of butter—let simmer a few minutes and serve.

SUCCOTASH

Mrs. Ida Young

Cut the grains from ten ears of corn mix with one quart of shelled lima beans, and boil until tender, and drain. Melt two tablespoons of butter and pour on the corn and beans. Season with pepper and salt. Let simmer ten minutes; pour in a cup of sweet cream; when hot, serve.

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BAKED MACARONI

Mrs. R. Chester Spencer, Ridley Park, Pa.

One-half pound macaroni broken in pieces. But I prefer the Conchigli, or any brand put up in small elbow shape.

Pour over boiling water, add a little salt. Boil hard twenty minutes; drain and put in pudding dish and pour over the following mixture: Two tablespoons flour, two teaspoons dry mustard (if desired), one half pound grated cheese, one pint new milk. Mix the mustard and flour into a smooth paste with some of the cold milk; set the remainder of the milk on the stove. When it boils, add the flour and mustard, and the grated cheese; cook until it looks smooth taking care not to burn. When done, pour over the macaroni and bake until a nice brown. Twenty minutes should be sufficient. Be sure to use new milk as the cheese will cause it to curdle otherwise.

ESCALLOPED EGG PLANT

Mrs. Stroud

Boil the egg plant until tender. Remove the skin, mash well and mix with an equal quantity of bread crumbs. Put in a buttered baking dish, season with pepper, salt and butter, sprinkle crumbs over the top and bake ½ hour. This makes a delightful and digestible dish.

MACARONI WITH TOMATO SAUCE

Mrs. William Ahrens, Edwardsville, Ill.

1 1-3 quarts water
3 tomatoes
½ lb. macaroni
1-3 cup butter

Boil the water, salted to taste, add the macaroni and the tomatoes mashed fine. Boil hard for an hour then add the butter; set back and let it steep 15 or 20 minutes and serve.

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BAKED SWEET PEPPERS

Mrs. Grace W. Tinker, Pierce City, Mo.

This is an excellent way to use left over meats, such as roast beef, chicken, pork, bits of steak, or fish. Cut the ends from ½-dozen sweet peppers (mangoes) and throw into boiling salted water for a few minutes. Remove from the water and fill with your ground meat (of whatever kind) and an equal quantity of bread crumbs. Put a lump of butter on top of each and make a rather thin cream sauce of 1 teaspoon of butter and one of flour, melted together over a slow fire. Then add ½ teacup of milk and cook with the butter and flour until smooth. Salt and pepper to taste. Pour this sauce into each meat filled pepper, bake ½-hour and serve.

SPINACH

Mrs. Margaret Grubb

Pick over carefully while dry, throw a few plants at a time into a large pan of cold water, wash well on both sides to dislodge insects and pass to another pan. They should have at least three separate waters. Put the spinach into a large kettle WITHOUT WATER, set it on the stove where it will cook slowly till the juice is drawn, then boil till tender, drain and chop fine. For half a peck of spinach add one ounce of butter, one-half teaspoon salt. Reheat and serve on buttered toast.

STUFFED EGG PLANT

Mrs. S. T. Robinson, Edwardsville, Ill.

Cut a small egg plant in half, lengthwise, and dig out the white part, without breaking the shell. Boil until tender in slightly salted water, when tender, drain, mash, add half-cup toasted bread crumbs, butter size of an egg, season with white pepper, more salt if needed and a dash of chopped onion. Fill the half shells with this mixture and bake 20 minutes. Serve in the shells.

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STEWED CELERY

Miss Florence Adele Spencer

Wash and scrape the celery, cut in half-inch pieces. Cook until tender, drain and serve with a sauce.

Sauce for Vegetables

3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
White pepper
1 cup milk
1 cup stock

Heat the butter, when it bubbles add the flour, pepper and salt. Add gradually the hot milk and stock, stirring constantly and allowing the mixture to thicken each time the liquid is poured in. Pour this sauce over the vegetables, or toast, and serve immediately.

EGG PLANT FRIED.

Mrs. George Thomas

Peel and cut them in slices about one-fourth inch thick, sprinkle with salt and pepper, pile them and place a weight over them for an hour or more, tipping the plate slightly that the juice may drain away. Or drain them when ready for cooking. Dip in egg and cracker dust, or bread crumbs, and fry in hot lard, stand on end in wire basket to drain.

FRIED NOODLES

Mrs. Albert Roberts, Crescentville, Pa.

A very nice way of cooking noodles is to boil them 15 minutes in boiling salted water. Then take from fire and pour off water, keep the cover on noodles to retain the heat. Put a large piece of butter in frying pan, chop one small onion very fine, fry until a golden brown, then add noodles and salt and pepper to taste. These are delicious when served with stewed tomatoes.

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DELMONICO BEETS

Mrs. Elmer Grubb, Norwood, Pa.

Boil nice red beets until tender. Let them stand in cold water; remove skins, cut into any shape desired. Place in dish in warming oven, and prepare the following sauce:

1 tablespoon butter, melted
½ tablespoon flour
½ cup sugar
¾ cup hot water
½ cup vinegar

Mix butter and flour until smooth, then add the sugar, dissolve in the hot water and vinegar. Stir into the butter and flour; gradually. Let cook to a bubbling and pour over beets, when ready to serve.

ESCALLOPED RICE

Mrs. Slocum, Sr., West Park Church, Philadelphia.

Wash on cupful of rice. Boil in plenty of hot water 20 minutes. Make a cream dressing of flour, butter and milk, salt and pepper, and a small dash of cayenne. Grate half-pound cheese. Put layer of rice, then cheese, then dressing. Bake in oven until the top is a nice golden brown. Very good.

ESCALLOPED ONIONS

Mrs. W. A. Foster, Greensboro, N. C.

Peel and slice about ten good sized onions, put them to cook in boiling salted water , to which add one teacupful of milk; cook until about two-thirds done, then drain; have ready a buttered pan, put first a layer of bread crumbs, then a layer of the onions, add salt, pepper and a lump of butter, then another layer of bread crumbs and onions, etc., until all the onions are used, last layer should be bread crumbs; cover with milk and bake in a rather hot oven for thirty minutes.

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ONIONS.

Mrs. Fulton

Peel under warm water, cut a slice from each end and let lie in cold water with a pinch of soda for an hour. Put into boiling water to cook, adding one salt spoon of soda to each quart. As soon as they begin to soften, change the water and finish cooking in salted water. Drain thoroughly and serve with bread sauce, or with only butter, salt and pepper.

They are excellent baked; for this choose large ones, and, after they are parboiled in the soda water, dry them carefully, wrap each one in a buttered paper, lay in a baking pan and cook in a very hot oven until they can be pierced with a straw. Serve with any good vegetable sauce.

The Bread Sauce

Crumble about one-eighth of a loaf of stale bread and place it in a sauce pan with a scant half-cup of cold milk and six whole peppers. Let simmer for five minutes; then pour in one-half cup cream, one-half teaspoon onion juice, simmer five minutes longer and serve in a sauce bowl, removing the peppers.

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CHAPTER VI

SALADS

It has been observed that "Change is the sauce that sharpens appetite."

Salads should be served the day they are prepared. Vegetable salads should be stirred as little as possible, that their freshness may be preserved.

To crisp lettuce, cabbage and all vegetables used for salads put in ice water for two hours before using.

To cut celery, turkey, chicken, and meats of all kinds, it is preferable to use sharp shears.

CELERY JELLY OR SALAD

Mrs. John R. Sweeney

Put into a sauce pan two cupfuls of the white stalks of celery cut in small pieces, a half onion sliced, a few sprigs of parsley, salt and pepper to season. Add two cups boiling water and simmer until celery is tender. Strain through jelly bag. Soften two tablespoons of gelatine in a cup of cold water, allowing it to stand at least one hour. Add strained celery water while hot, stir until dissolved.

Season with paprika and juice of lemon, pour into individual moulds.

APPLE AND CELERY SALAD

Mrs. James Stallman, Edwardsville, Ill.

Peel and cut firm, ripe apples into dice of uniform size; cut crisp celery into half-inch bits.

To 2 cups celery add 2 cups apples, season with a little sal tand stir into the mixture a mayonnaise dressing. Put into salad bowl lined with crisp lettuce leaves. Pour mayonnaise dressing over the top and serve.

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CELERY SALAD

Mrs. Rufus Williams

Cut celery in small pieces until you have 3 cupfuls and on it pour a cupful vinegar, set aside; boil 6 eggs hard and mince them up and pour into them a tablespoon of melted butter, a good teaspoonful of salt, 2 or 3 tablespoonfuls of vinegar; rub this mixture till smooth and keep it in a dish to itself and the celery in the dish with cup of vinegar until just before it is to be used, then drain off all vinegar from the celery and add to the celery the egg mixture with half the sauce for salad stirred through it. Place in the dish it is to be served in and at the last moment spread the remainder of the sauce over the top.

BAKED APPLE SALAD

Mrs. C. S. Platt

6 good sized apples
¼ lb. shelled English walnuts
6 tablespoons salad dressing

Bake apples, paring and coring same before placing in oven, when cold fill spaces with nuts and cover with dressing. Serve on lettuce leaves.

CHICKEN SALAD

Mrs. Grace W. Tinker, Pierce City, Mo.

Cook one good sized chicken, until it falls from the bone. Then take chicken out of kettle and cook the juice, or stock, down until there is only about 1 cup. When the chicken is cold cut into bits with scissors. Cut celery into bits until you have same quantity of celery as chicken. Then have the following dressing prepared and cold: Four eggs beaten, 1 cup vinegar (dilute with water), 1 tablespoon mustard, one pinch of red and black pepper, salt to taste. Add chicken liquor and one teaspoonful flour made smooth in little water. Cook these all together and when cold mix with the chicken and celery and serve.

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WALDORF SALAD

Mrs. T. W. Smith

Equal parts of apple and celery, cubed, served on lettuce with walnuts and cold boiled eggs with dressing as follows: Put six tablespoonfuls of salad oil in a bowl; add to it three tablespoonfuls of white vinegar, half a teaspoonful of salt, a little cayenne, a few drops of onion juice; beat all together with a beater and it is ready to serve.

BEET SALAD

Miss Olive M. Crist, Lemoyne, Pa.

1 quart chopped cabbage
1 quart beets, boiled tender then chopped fine
1 cup ground horseradish
2 cups sugar
1 teaspoon salt
1 teaspoon pepper

Cover with cold vinegar and seal. Keep in a cool place.

TOMATO AND CUCUMBER SALAD

Miss Mary Volkhardt

Peel as many small ripe tomatoes as there are to be covers. Remove the hearts and set on ice to become cold. Pare cucumbers quite close to the seeds and chop them coarsely. Pour over a French dressing and fill them lightly into the tomatoes. Serve each on a crisp lettuce leaf.

MEXICAN SALAD

Mrs. Adeline Reinstine, Lansdowne, Pa

½ doz. ripe tomatoes
3 medium sized onions
2 or 3 staiks of celery
½ green mango pepper without the seeds

Chop coarse and season with salt, pepper and vinegar to taste.

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WALDORF ASTORIA SALAD

Mrs. B. R. Bonnell, Loveland, Colorado

1 quart apples, cut in small dice-shaped pieces
1 teacup English walnuts
1 teacup preserved cherries
1 large pineapple (canned pineapple can be used) cut in small pieces.
1 teacup oranges

Mix all together and stir in salad dressing, sweetened to taste. Apples must not be cut until ready to mix with other ingredients as they will turn brown.

Dressing

1 tablespoon Colman's mustard
1 tablespoon sugar
Butter size of walnut
½ teaspoon salt
Yolks of 3 eggs
½ cup of vinegar

Mix mustard, sugar and salt, add water to make smooth paste, add the yolks, well beaten, then butter and vinegar. Cook in double boiler until it thickens like custard. Remove and let it get cold before using. To one cup of cream whipped stiff add above mixture to suit taste. Then pour over any kind of salad and mix gently. Must be sweetened when used for Waldorf Astoria Salad.

POTATO SALAD

Mrs. Isaac Houpt

Boil 8 white potatoes with the skins on, when cold pare and cut in small squares. Sprinkle with a little salt and pepper, cut a piece of celery in small pieces, chop an onion fine, then make the following dressing:

Two eggs well beaten, 1 teaspoonful sugar, 1 teaspoonful flour, 1 cup milk, 1 wineglass of vinegar, 1 tablespoonful butter. Mix all together, put on stove stirring all the time until thickens. Pour same over the above mixture, mix all together. Serve on crisp lettuce leaves and slice hard boiled eggs on top.

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GERMAN POTATO SALAD

Mrs. Lizzie Garrett, Philadelphia, Pa.

6 medium potatoes
¼ pound bacon
1 onion
2 eggs
½ cup vinegar
A little parsley

Boil potatoes cut in slices or dice shap, cut bacon in small pieces, put in sauce pan to fry then add seasoning , potatoes and onions cut fine; boil and cut in slices the eggs; pour vinegar over all, let heat thoroughly, garnish with parsley and serve hot or cold.

RUSSIAN SALAD

Mrs. M. Brandt, Fayettville, N. C.

Cut into small, dice-shaped bits 2 ounces of cooked cold beef, the same of cooked cold tongue, of chicken, and, if you like, about 1 ounce of cold boiled ham. Now put into the bottom of your salad-bowl a little of the beef, and place on top 2 boned sardines, a little of the tongue then the chicken, and again half a dozen sardines; sprinkle ham over the top; garnish around the dish and in the centre with crisp lettuce leaves.

EGG SALAD

Mrs. Gothard, West Park Church, Philadelphia

Take 12 eggs, boil hard, mash yolks and chop the whites through the yolks very fine.

Dressing

1 teaspoon mustard
1 teaspoon olive oil
1 teaspoon sugar
1 teaspoon salt
1 scant cup vinegar
3 eggs, beaten

Put vinegar in sauce pan, and when boiling hot add other ingredients. Boil 5 minutes. This will make dressing enough for 3 dozen eggs.

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NUT SALAD

Mrs. W. A. Pegram, Lincoln, Ill

1 cup English walnuts or almonds, chopped
1 cup salad dressing
1 cup apples, cut fine
1 cup celery, cut fine

Just before serving, place some salad dressing into which a cup of whipped cream has been lightly stirred, on top of the salad.

SALMON SALAD.

Mrs. M. Brandt, Fayetteville, N. C.

Take a can of salmon, pour off the oil and prepare a dressing as follows: Beat the yolks of two eggs with the yolks of two eggs boiled hard and mashed fine. Add gradually a tablespoonful of mustard, three tablespoonfuls of butter, salt, pepper and vinegar to taste.

HAM SALAD

Mrs. C. S. Platt

Chop fine cold boiled ham or put through meat grinder. Boil hard 2 or 3 eggs, and arrange in slices around the ham, which is placed like a mound in the center of salad dish.

Lettuce leaves on the edge of the dish make a nice addition.

FRUIT SALAD

(Will Keep Several Days)

Emma R. Humphrey, Lincoln, Ill.

1 can wedding ring pineapple and 4 oranges, chopped fine
2 bananas, sliced
3 bunches white grapes

Make into jelly by directions, half-package Knox's gelatin, using juice of the oranges and pineapples and of 2 lemons. Let cool and pour over the fruit. Stir occasionally.

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OYSTER SALAD

Mrs. Geo. Fallows

Take a pint of oysters and use the following dressing:

Beat well two eggs, add to them ¼ cup each of cream and vinegar, one-half teaspoon each of mustard, celery salt and a dust of cayenne, one tablespoon butter. Put into double boiler and cook like soft custard.

Parboil the oysters, drain them and add dressing, set away to cool and at serving time add one pint diced celery.

LOBSTER SALAD

Mrs. John Rowe

Chop the meat rather fine, season well with salt, pepper and mustard. Pour over a mayonnaise dressing well thinned with vinegar, and set away to season. When ready to serve add about half as large a quantity of broken lettuce leaves, using the large ones, mix in plenty of mayonnaise and serve in the cleaned shells, garnished with the small lettuce leaves. If canned fish is used, serve on a bed of the broken leaves. Crabs are prepared in the same way.

SWEET-BREAD SALAD

Mary E. Bonner, Edwardsville, Ill

2 pairs sweetbreads
3 stalks celery
1 can mushrooms

Boil sweet-breads dry and cut in small pieces; wash and dry celery, cut in small pieces. Boil mushrooms, dry and mix together with mayonnaise dressing:

2 hard-boiled eggs
1 teaspoon salt
1 teaspoon pepper
1 teaspoon French mustard
½ teacup vinegar
1 raw egg, well beaten
3 teaspoons oil or butter
2 teaspoons white sugar

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SALAD DRESSING NO. 1

Mrs. S. G. Comfort

2 eggs, well beaten
2 teaspoons salt
1 teaspoon melted butter
1 teaspoon mustard
1 tablespoon sugar
1 tablespoon cornstarch
½ cup milk
½ cup vinegar

Mix well together and cook in double boiler until it thickens.

SALAD DRESSING NO. 2

Mrs. John A. Wood

2 eggs, well beaten
½ cup water
½ cup vinegar
1 teaspoon mustard
2 teaspoons sugar
Lump of butter
Salt to taste

Put the eggs, with water added, on fire, and add mustard, vinegar and sugar. Cook, stirring constantly, until it boils, then add butter and salt.

SALAD DRESSING NO. 3

Mrs. E. W. Platt

3 eggs, beaten
½ cup milk (sour ceam preferred)
½ cup vinegar
1 level teaspoon salt
1 tablespoon (or more, according to taste) of sugar
1 level teaspoon mustard
1 level teaspoon butter
1 level teaspoon flour

Mix mustard, sugar, salt and flour together, then the milk or cream; add this to the beaten eggs, and lastly the vinegar and butter. Cook, stirring constantly, removing from the fire when boiling point is reached.

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SALAD DRESSING NO. 4

Mrs. Emma V. Haslam

1 egg, beaten light
½ cup vinegar (not too sour)
Butter, size of hickory nut
½ teaspoon cornstarch
1 teaspoon mustard
1½ teaspoons sugar

Mix well, and stir over fire until it thickens. Keep in cool place.

MAYONNAISE DRESSING

Miss Nettie Rhodes

1 cup sour cream
2-3 cup vinegar
1 egg
3 sugarspoons sugar
Pinch of cayenne
1 teaspoon mustard
1 teaspoon cornstarch
2 teaspoons salt
2 to 3 tablespoons of melted butter

Beat egg in a bowl, add some milk, then other ingredients (having dissolved cornstarch in a part of the vinegar). put butter in frying pan, and when melted, add the mixture and stir until it thickens.

MAYONNAISE DRESSING WITH OIL

Mrs. J. T. Keller, St. Louis, Mo.

First of all have all ingredients and the bowl and spoon ice cold.

1 level teaspoon salt
½ teaspoon onion juice
Dust of red pepper
2 yolks of eggs
2 tablespoons lemon juice
2 tablespoons vinegar
1 cup whipped cream
¾ pint olive oil

Mix dry ingredients and add to egg yolks, beat well, and, a drop at a time, add the oil stirring vigorously to blend mixture.

When oil is all in add vineger, lemon juice and onion. Just before using, beat in the whipped cream. If you like, a level teaspoon powdered sugar may also be used.

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MAYONNAISE SAUCE

Mrs. Annie Stewart

Mix in a two quart bowl, one even teaspoon ground mustard, one of salt, and one and one-half of vinegar, beat in the yolk of a raw egg. Then add very gradually a half pint of pure olive oil, beating briskly all the time. The mixture will become a very thick batter. Flavor with vinegar or fresh lemon juice. If covered closely it will keep for weeks. If the dressing curdles, take another egg yolk and add to it the curdled mixture, stirring constantly.

CHICKEN SALAD DRESSING

Miss Mary Snow, Bridgeton, N. J.

10 eggs
½ pint olive oil
¼ teaspoon cayenne
1 teaspoon salt
1 teaspoon mustard
A little vinegar

Boil 8 of the eggs hard, and chop fine, mix with the dry ingredients then add to it the beaten yolks of the 2 raw eggs. Mix well, then add slowly the olive oil; beat until very light, and lastly add a little vinegar.

SALAD DRESSING NO. 5

Mrs. Howard Parsons

2 eggs
1½ cup water
½ cup vinegar
Pinch of mustard
1 teaspoon cornstarch
Sugar to taste
Lump of butter
Salt to taste

Mix sugar, mustard and cornstarch together dry, then add the water, the beaten eggs and butter; place over the fire. Before it gets hot add the vinegar. Cook, stirring constantly until it boils.

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SALAD DRESSING NO. 6

Mrs. E. M. Letherbury

1 egg
1 teaspoon mustard
½ teaspoon flour
4 teaspoons sugar
½ teaspoon salt
1 teacup vinegar

Smooth the mustard and flour in the beaten egg, add sugar, salt and vinegar and cook until it thickens, stirring constantly.

FRENCH DRESSING

Mrs. C. N. Travous, Edwardsville, Ill.

2 tablespoons vinegar
2 tablespoons ice water
2 tablespoons olive oil
1 teaspoon sugar
Salt, pepper and paprika to taste

When ready to use, drop bit of ice, size of walnut, into dressing and beat until mixed.

PRESERVED CHERRIES FOR SALADS

Mrs. William Lilley

14 cups cherries (seeded)
1 quart vinegar
20 cups sugar

Let cherries stand in vinegar over night. Drain off vinegar next morning and add sugar. Stir occasionally for a day or two until dissolved. Do not cook. Jar.

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POTATO SALAD FOR 400.

Dr. Bryant's A, B, C

3 baskets potatoes
1 bag salt (5c bag)
6 bunches celery
1 doz. bunches parsley
½ pk. Bermuda onions

Dressing

4 doz. eggs
2½ lbs. butter
¼ lb. mustard
3 lbs. sugar
5 quarts skim milk
3 quarts vinegar
3 quarts water
1½ quarts flour
Dash of red pepper

If potatoes are not very salty, add 3 tablespoonfuls of salt to dressing. Use fourth pound of celery seed if desired.

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CHAPTER VII

PICKLES

"Let your moderation be known to all men."—Phil. 4:5.

CHOW-CHOW.

Mrs. John Rowan Sweeney

¼ peck green tomatoes
1 cauliflower
1 quart green string beans
½ doz. green peppers
1 quart onions (cut fine)
1 tablespoon salt
1 quart vinegar
1 tablespoon sugar
¼ lb. mustard
½ of 5 cts. worth tumeric

Mix mustard and tumeric with the vinegar. Cut up the vegetables and boil all together until well done. When cold, bottle.

CHOW-CHOW

Mrs. J. E. Fahnestock

3 doz. large cucumbers
¼ peck large onions (sliced)
12 large peppers (green, yellow and red)
¼ peck small white onions (whole)
½ peck green tomatoes
100 small cucumbers

Cut in pieces about an inch thick, the large cucumbers, and slice, or cut in pieces, the green tomatoes and peppers. Sprinkle over all the vegetables 1 pint of salt, and let stand. In the evening put them in a bag and hang up to drain over night. Next day put the pickle in a kettle with some cauliflower, cut in sprigs, and add—

½ oz. ground mace
½ oz. tumeric
½ oz. white mustard seed
4 heaping tablespoons ground mustard
1 lb. brown sugar

Cover with cider vinegar and stew one hour slowly.

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CHOW-CHOW

Mrs. R. A. Battin

Measure after parts are cut the required size.

1 qt. large cucumber pickles, cut in pieces
1 qt. celery, cut in small pieces
1 qt. tiny cucumber pickles, whole
1 qt. cauliflower, separated
1 qt. tiny white onions, whole
1 qt. lima beans
1 qt. string beans, cut one inch in length
1 qt. corn
1 doz. red string peppers, whole
6 large green peppers, seeds extracted and peppers chopped

Cover all with weak salt water, and leave 24 hours. After which scald in same water until cauliflower is tender, place to drain while making the dressing, as follows:

1 coffee cup flour
6 tablespoons ground mustard
1½ cups granulated sugar
1 tablespoon tumeric

Mix there together and add 2 quarts cider vinegar. Cook this dressing over a slow fire until quite thick and the flour is well done. Pour over the chow-chow, and seal while hot.

DRESSING FOR CHOW-CHOW

Miss Olive M. Crist, Lemoyne, Pa.

½ gal. vinegar
1 oz. celery seed
2 lbs. brown sugar
½ lb. mustard
5 cts. worth tumeric

This dressing can be used for any kind of pickles.

CHILI SAUCE.

Mrs. F. DeLannoy

25 ripe tomatoes
8 onions
2 cups sugar
8 green peppers
3 tablespoons celery seed
1½ qts. vinegar
3 tablespoons celery seen
3 tablespoons celery seed
1 tablespoon cinnamon
1 tablespoon allspice

Boil 3 hours.

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SWEET PICKLES OR SPICED PEACHES

Miss Lou Chapman, Edwardsville, Ill.

1 pint vinegar
7 pounds peaches
3 pounds sugar
1 tablespoon whole cloves
Broken cinnamon and grated nutmeg, tied in cheese cloth and boiled in vinegar

Pour the boiling syrup over the fruit, packed in jar. Miss one day and scald again, repeating until the ninth morning. The last time heat the peaches in syrup to proper quantity by boiling. Cover with plate, weighted, to keep fruit under syrup.

CHILI SAUCE

Mrs. Emma Derrickson.

8 qts. ripe tomatoes
3 cups sweet peppers
1½ qts. vinegar
3 cups onions
3 teaspoons cloves
3 cups sugar
3 teaspoonfuls cinnamon
1 cup salt
2 teaspoonfuls ginger
2 teaspoonfuls nutmeg

Boil 3 hours.

Chop tomatoes, peppers and onions fine, put in bottles same as ketchup.

CHILI SAUCE

Mrs. Wm. Ellis

12 large tomatoes
1 cup sugar
2 large onions
2 cups vinegar
3 peppers
2 teaspoonfuls celery seed
1 teaspoonful ground mustard
1 teaspoonful ground cloves
1 tablespoonful salt

Boil one hour.

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CHILI SAUCE

Mrs. J. C. VanPelt

25 ripe tomatoes
4 onions
12 green peppers (sweet)
4 lbs. brown sugar
4 tablespoon salt
4 cups vinegar

Chop all up together, boil gently for 2 hours. Celery seed and mustard seed can be added if desired.

CHILI SAUCE

Mrs. Annie Stewart

24 ripe tomatoes
5 onions
1½ cups sugar
2 peppers
1 teaspoon cinnamon
1 teaspoon cloves
1 tablespoon allspice
1 tablespoon salt

Chop all fine and boil until thick.

CHILI SAUCE

Mrs. Hannah A. Newton.

5 lbs. tomatoes
1 cup sugar
1 qt. vinegar
3 peppers, chopped fine
1 tablespoon of cinnamon
2 onions
2 tablespoon allspice
1 tablespoon cloves
1 tablespoon salt

Boil three hours, use ground spices, put them in a bag.

BORDEAUX SAUCE

Mrs. John Taylor

½ peck green tomatoes
¼ peck onions
½ peck green peppers
5 cts. worth tumeric
½ box Colman's mustard
1 cup sugar
A little over 1 qt. vinegar

Salt to suit the taste, boil 15 minutes.

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BORDEAUX SAUCE

Mrs. L. M. Mills, Wallingford, Pa.

1 qt. cabbage (cut fine)
1 qt. green tomatoes (cut fine)
1 qt. small onions
1 qt. large onions (cut fine)
4 peppers (cut fine
1 qt. cauliflower
1 qt. lima besan
1 qt. celery (cut fine)
4 cucumbers

Partly cook lima beans and cauliflower, then put in layers in kettle and add 1 cup salt ¼-lb. mustard seed and 2 lbs. sugar. Cover with vinegar and cook slowly one hour. Then add ¼ lb. yellow mustard, ½ cup cornstarch and 1 tablespoonful tumeric. Let thicken a little then bottle.

BORDEAUX SAUCE

Mrs. John S. Lyndell

1 gal. cabbage
½ pk. green tomatoes
1 doz. onions
1 lb. brown sugar
½ doz. peppers
½ lb. whole mustard
1 ounce whole cloves
1 oz. allspice
A little salt
1 gal. cider vinegar

Boil ½ hour.

CELERY SAUCE

Mrs. J. O. Wilson

30 large ripe tomatoes (peeled)
7 green and red peppers
15 tablespoons of granulated sugar
10 large onions
5 tablespoons salt
7 cups vinegar
2 large heads celery

Chop the celery, peppers, and onions together fine and mix with tomatoes. Boil for 1½ hours. Stir constantly to keep from burning.

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CUCUMBER CHOW-CHOW

Mrs. F. Otis Bryant

1 doz. large cucumbers
1 sharp pepper
4 large onions
1 tablespoon mustard seed
4 sweet peppers, red and green
Sugar to taste

Slice the cucumbers, salt them and let stand 2 or 3 hours. Press out the water. Chop the peppers, slice or chop the onions. Cover all with cider vinegar and boil about 20 minutes. Put in jars while hot.

PICKLED CUCUMBERS

Mrs. Chas. Hamilton, Media, Pa.

Silce and mix together 24 cucumbers and ¼ peck onions. Salt them over night and drain water from them next morning. Then mix in 5 cents worth each of mustard seed and celery seed, and a few cloves.

Put in jars, and then boil a quart of vinegar and pour over boiling hot. To be put up air tight. This is fine.

PICKLED ONIONS

Miss Lizzie McClone

Make a salt brine, hand full of salt to a pint of water, bring water to a boil, pour over onions three mornings, then put in bottles and cover with the white wine vinegar. Add a few small red peppers and cloves if desired.

PICKLED CAULIFLOWER

Mrs. George Thomas.

3 heads cauliflower
¼ peck small onions

Salt cauliflower, and let stand over night, drain and cook until tender. Peel onions and cook until tender. Mix and put into jars with mustard seed and a few cloves and a little salt. Cover with boiling vinegar and seal.

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PICKLED BEETS.

Mrs. George Thomas.

Boil medium sized beets until tender, peel and slice into jars pinch of salt and teaspoonful sugar to each jar, pour boiling hot vinegar over and seal.

LAST OF SUMMER PICKLE

Mrs. J. E. Jeffress, Edwardsville, Ill.

4 bunches celery
1 peck green tomatoes
3 qts. small white onions
100 small cucumber pickles
6 or 7 small green mushmelons
1 large cabbage
1 large cauliflower
1 qt. lima beans
½ gal string beans
3 red peppers

Cut all into small pieces, salt well and let stand over night. Next morning, drain well and pour over just venegar enough to cook it in, then drain this off and add the following:

1½ cups flour
1 tablespoon white mustard seed
1 tablespoon celery seed
1 tablespoon ground mustard
1 tablespoon black mustard seed
4 cups sugar
1 scant tablepoon tumeric
2 qts. vinegar

INDIA RELISH

Mrs. C. E. Mink, Highland Park, Pa.

12 tomatoes
6 onions
12 green peppers
1 medium cabbage

Chop fine, mix all together and sprinkle with half cup salt, let stand over night, drain, then add

1 small cup sugar
5 cts. worth mustard seed
1 tablespoon celery seed
1 qt. vinegar
1 tablespoon mustard, ground

Boil 10 or 15 minutes.

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INDIA RELISH

Miss Mary Volkhardt

1 peck green tomatoes
1 oz. mustard seed
1 head cabbage
1 oz. tumeric
1 oz. celery seed
1 qt. onions
2 doz. large pickles
1 tablespoon yellow mustard
3 peppers, 1 red one
½ oz. whole cloves
2 cups sugar
½ oz. whole allspice

Cut tomatoes, onions, and peppers, salt with about 1 cup salt, and let stand over night. In the morning, drain, then add the chopped pickles and cabbage. Put the cloves and allspice in a bag and add with other spices and the sugar. Cover with vinegar and boil 15 minutes.

INDIA RELISH

Mrs. Emma Roberts, Crescentville, Pa.

3 qts. green tomatoes
3 tablespoons dry mustard
1 qt. onions
2 tablespoons ground mustard
6 large red peppers
2 tablespoons ground ginger
¾ cup sugar
1 tablespoon tumeric
2 tablespoons celery seed
1 qt. cider vinegar

Chop fine the tomatoes, onions and peppers, add other ingredients, boil 15 minutes and seal.

TOMATO LILLY

Mrs. Alice Mahoney

½ pk. green tomatoes
1 qt. onions
1 head cauliflower
2 large red peppers
1 doz. cucumbers
1 bunch celery

Slice and salt over night; in the morning, wash and salt to taste. Add cloves, allspice, mustard seed, celery seed, tumeric and sugar to taste. Cover with cider vinegar and let come to a boil.

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GREEN TOMATO RELISH

Miss Rebecca Pierce, Harrisburg, Pa.

½ pk. green tomatoes
1 large head cabbage
8 onions
1 large bunch celery
6 peppers, red and green
1 teaspoon celery seed
Enough tumeric to color

Chop or grind the tomatoes, onions, peppers, cabbage, and celery. Salt, and let stand awhile. Squeeze out the water, and boil in vinegar. Sweeten to suit taste.

GREEN TOMATO PICKLE

Mrs. M. Ocheltree

½ pk. green tomatoes
¼ lb. mustard seed
6 large onions
2 tablespoons celery seed
6 large peppers

Chop all together fine. Put in layers one of tomatoes and one of onions, and one of salt, using in all half cup salt. Let stand over night, in the morning squeeze dry and put on to boil with 2 quarts of vinegar. Cook until tender, when nearly done add 1 pound sugar.

GREEN TOMATO PICKLES

Miss H. G. Crosby

½ peck green tomatoes (chopped fine)
½ peck onions
4 green peppers
2 tablespoons allspice
2 tablespoons ground cloves
2 tablespoons stick cinnamon
2 lbs. brown supar
1 piece ginger
3 qts. vinegar
2 tablespoons celery seed.
2 lbs. brown sugar
Salt

Chop fine the tomatoes, onions and peppers, pour over them 1 quart of the vinegar and boil ten minutes. Salt to taste. Tie the allspice and cloves in a bag, and pour over them, with other spices, the remaining 2 quarts of vinegar and boil, then pour over the pickles and boil 15 minutes.

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CORN PICKLE OR (CHOW-CHOW)

Miss Rebecca Pierce, Harrisburg

1 pint lima beans
1 large head cabbage
1 pint string beans
1 doz. sweet peppers
1 qt. small onions, chopped fine
1 doz. ears corn
¼ peck green tomatoes
5 cts. worth mustard seed
1 lb. brown sugar
5 ctc. worth celery seed

Boil beans in separate kettle until soft, chop cabbage, onions, tomatoes and peppers fine, salt and let stand 1 hour, then squeeze out well and mix all together. Cover with vinegar, boil 15 minutes.

TOMATO SAUCE

Mrs. Harry Umstead, Philadelphia

½ peck green tomatoes
4 pecks green peppers (seeds out)
4 onions
3 tablespoons allspice
2 tablespoons cloves
2 tablespoons mustard seed
4 tablespoons sugar
4 cups vinegar

Put spices in bag, excepting mustard seed.

Chop vegetables fine, salt to taste and boil half-hour; then strain, and boil 50 minutes more. Bottle while hot.

PICKLES.

Mrs. S. E. Arment

1 peck green tomatoes
1 tablespoon brown mustard seed
6 onions
1 tablespoon white mustard seed
6 peppers (red)
1 tablespoon celery seen
2 cups sugar
2 tablespoons salt

Cut the tomatoes, onions and peppers fine and add 1 pint of the vinegar. Scald, and drain well. Then add the remaining vinegar and other ingredients. Boil 20 minutes.

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MUSTARD PICKLES

Miss H. G. Crosby

1 qt. small cucumbers (whole)
1 qt. cucumbers (sliced)
1 qt. green tomatoes (sliced)
1 qt. small button onions
1 large and two small cauliflowers, divided in flowerets
4 green peppers
4 qts. water
1 pint salt
1 cup flour
1 cup sugar
1 tablespoon celery seed
6 tablespoons ground mustard
Vinegar
1 tablespoon tumeric

Make a brine of the water and salt. Pour over the mixture of vegetables and let stand 24 hours. Heat enough to scald and pour into colander and drain; then add the green peppers (without seeds) chopped fine, and the celery seed. Mix the flour, ground mustard and tumeric with vinegar to make a smooth paste. Add the sugar, and vinegar enough to make 2 quarts. Boil this mixture until it thickens, stirring constantly. Add vegetables, and cook until well heated through.

MUSTARD PICKLE

Mrs. F. W. Griffith

1 qt. large cucumbers (cut small)
1 qt. onions, sliced
1 qt. cucumbers
6 green peppers (cut small)
1 qt. green tomatoes (sliced)
1 cauliflower, separated

Put these vegetables into a weak brine for 24 hours. Scald slightly in the same, drain and put into a crock. Turn over them the following dressing and mix thoroughly:

6 tablespoons best mustard
1½ cups sugar
6 tablespoons tumeric
1 cup flour

Stir all together until smooth. Add 2 quarts of vinegar. Cook until thick, stirring all the while.

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TOMATO CATSUP

Mrs. Wm. Taylor.

1 peck ripe tomatoes
1 pt. vinegar
1 tablespoon celery seed
1 cup sugar
1 tablespoon ground cloves
1 teaspoon cayenne pepper
1 tablespoon ground cinnamon
1 tablespoon Colman's mustard
1 tablespoon allspice
salt to taste

Cut up the tomatoes and boil them, then strain until all the seeds are out. Mix the mustard in the vinegar, then mix all together and boil slowly until thick. Seal while warm.

TOMATO CATSUP

Mrs. Caroline C. Bauer

1 basket tomatoes
2 tablespoons mustard seed
1 pint cider vinegar
2 tablespoons celery seed
6 large onions, cut fine
1 tablespoon ground mustard
2 tablespoons whole cloves
1 teaspoon cayenne
2 tablespoons whole cinnamon
3 cups sugar
2 tablespoons whole allspice
1 nutmeg

Boil the tomatoes, onions and whole spices together until the tomatoes are very soft, then strain through wire sieve. Add other ingredients and boil to half the quantity.

GOOSEBERRY CATSUP.

Mrs. E. Forman, Edwardsville, Ill.

9 lbs. gooseberries
1 tablespoon cloves
1 pint vinegar
1 teaspoon cinnamon
2 grated nutmegs
1 tablespoon allspice
6 lbs. sugar

Boil two hours.

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TOMATO CATSUP

Mrs. J. A. Smith, State Road, Highland Park, Pa.

18 large ripe tomatoes
6 tablespoons brown sugar
6 green peppers, chopped fine
3 teaspoons ginger
3 onions, chopped fine
3 teaspoons cinnamon
3 tablespoons salt
3 teaspoons cloves
6 teacups vinegar
3 teaspoons nutmeg

Cut up the tomatoes, chop the peppers and onions fine, boil the three together until soft, then put through colander. Add the remaining ingredients and boil until thick.

COLD CATSUP

Mrs. Elizabeth W. Johnson

½ peck ripe tomatoes
5 onions
2 stalks celery, or celery seed
2 red peppers
2 small roots horseradish, grated
1 qt. good vinegar
1 small cup sugar
2 cups salt
1 cup white and brown mustard seed, mixed
2 tablespoons ground cloves
2 tablespoons black pepper

Skin the tomatoes without scalding and chop them fine with the onions. Boil the vinegar and sugar together, cool, and mix well with other ingredients and bottle.

GRAPE CATSUP

Mrs. A. H. P. Clyde

12 lbs. ripe grapes
1 tablespoon salt
1 teacup water
1 teaspoon cloves
6 lbs. sugar
1 teaspoon cinnamon
1 qt. vinegar

Put the grapes in a kettle with the cup of water, boil until soft, then strain. Add other ingredients and boil until thick. Bottle and seal.

Delicious for cold pork.

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COLD CATSUP

Mrs. Geo. W. Lynch

½ peck tomatoes
1 cup horse radish
3 pts. vinegar
1 tablespoon ground cloves
4 peppers
1 tablespoon ground cinnamon
½ cup salt
2 tablespoons mustard seed
1 cup sugar
2 tablespoons celery seed

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CHAPTER VIII

PIES

"What moistens the lips, what brightens the eye,
What calls back the past like the rich pumpkin pie?"
—*Whittier.*

SUNSHINE PIE

"Would you like to know the reason why
We make such lovely sunshine pie?
We'll give to you the recipe,
For the more pies made, the better, you see:
A pound of patience you must find;
Mix well with loving words and kind;
Drop in two pounds of helpful deeds,
And thought for other people's needs,
A peck of smiles will make the crust,
Then stir and bake it well you must.
And now we ask that you will try
A slice of our sweet sunshine pie."

LEMON MERINGUE PIE, NO. 1

Mrs. Wm. M. McIntyre.

3 good sized lemons
2 cups of sugar
4 eggs
2 tablespoons cornstarch
2 cups water

Line the pie pins, with pastry, bake and cool. Make filling as follows: Grate the rind and squeeze the juice from lemons, add the sugar and water and place on the fire in double boiler. Mix the cornstarch with a little water, beat the yolks of the eggs and add both to mixture. Boil five minutes or until thick. Let cool, and fill the pies. Beat the whites of the eggs with half-cup of sugar, spread over top of pies and brown in oven. This will make three medium sized pies.

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LEMON MERINGUE NO. 2

Mrs. C. Grant Hopper, West Park Presbyterian Church, Philadelphia.

1 large lemon
1 egg
1 cup sugar
2 tablespoons cornstarch
3 tablespoons cold water
1 cup boiling water

Dissolve cornstarch in the cold water, add the boiling water, juice and grated rind of lemon, and the sugar. Cook until thick and clear. Let cool, then add yolk of the egg, well beaten. Pour into a well baked pie-crust.

Meringue.

The white of the egg beaten stiff with 2 tablespoons of powdered sugar, well beaten together. Cover top of pie and bake in a quick oven to a light brown.

LEMON PIE NO. 1

Mrs. Margaret C. Black

1 cup sugar
1 cup water
2 eggs
1 very full cup bread crumbs
Juice and grated rind of 1 lemon
A lump of butter

Fill crust and bake.

LEMON PIE NO. 2

Miss Anna M. Green.

1 egg
1 cup sugar
1 lemon
1 teaspoon butter
1 large white potato

Beat the egg very light, add the sugar and butter, beat together. Grate the rind of the lemon, squeeze the juice into that, then grate the potato. Stir all together and bake with a top crust.

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LEMON PIE

With One Crust

Mrs. Chas. S. Hamilton, Media, Pa.

1 lemon
1 cup sugar
Butter size of a walnut
3 eggs

Line a pie plate with good crust, and add the filling prepared as follows:

Separate the yolks and whites of eggs. Add the sugar and butter to the yolks and beat all together. Add the grated rind of the lemon, and last of all stir in the whites of the eggs, beaten to a stiff froth. Bake, but do not burn.

LEMON SPONGE PIE

Miss Agnes V. Culbertson, West Park Presbyterian Church, Philadelphia.

1 lemon, juice and grated rin'
3 tablespoons flour
1 cup sugar
2 eggs
1 cup milk

Line the pan with good pie-crust. Prepare filling as follows:

Separate the eggs. Put the sugar into the yolks and beat, add flour and beat again, add milk and lemon. Lastly fold in the stiffly beaten whites of eggs, being careful not to beat the mixture after whites are added.

PIE CRUST

Mrs. Annie E. Grubb

The one, two, three pie crust is an infallible rule for just one pie, and consists of one cup of chilled and sifted flour, two tablespoons of cold lard chopped through the flour, and three tablespoons of ice water. Salt to taste, mix quickly and roll deftly on cold board and success is yours.

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MINCE MEAT

Mrs. Lillian Hart Maris

2 lbs. beef and liquor in which boiled
2 lbs. rasins, seed them
2 lbs. currants
2 lbs. sugar
4 lbs. apples—green
¾ lb. suet—chopped fine
½ lb citron, cut in very thin strips
1 oz. allspice, ground
2 oz. cinnamon, ground
1½ oz. salt
1-3 oz. pepper
¼ oz. mace, or nutmeg, ground
½ oz. cloves
½ oz. ginger
2 lemons—pulp and grated rind
2 oranges—pulp and grated rind
1½ pints molasses
1 pt. syrup from spiced fruits or a glass of jelly

Enough for a dozen or fifteen large pies.

PUMPKIN PIE NO. 1

Mrs. Isaac Houpt

1 qt. stewed pumpkin
6 eggs
1 qt. milk
1½ cups sugar
2 tablespoons molasses
½ teaspoon ginger
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves

Press the pumpkin through a sieve, beat the whites and yolks of the eggs separately, mix together, add other ingredients, and beat well. Line pie pans with pastry, and fill. Bake without an upper crust.

PUMPKIN PIE NO. 2

Mrs. Fulton

1½ cups pumpkin
1 cup milk
½ cup sugar
1 teaspoon flour
¼ teaspoon baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
2 eggs, slightly beaten

Makes two pies.

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MOTHER'S MINCE MEAT.

Mrs. John Taylor

4 lbs. beef—neck piece
2 lbs. suet
1 pk. apples
3 lbs. rasins
3 lbs. currants
5 lbs. sugar
2 or 3 lemons
2 or 3 oranges
½ cup vinegar and water
1 teaspoon cinnamon
1 teaspoon salt

Keep in a stone jar in cool place.

MONTGOMERY PIE

Mrs. A. W. Wolf

Mix together for lower part.

1 egg
1 lemon
1 cup sugar
2 tablespoons flour
1 cup molasses
2 cups cold water

Mix together for upper part.

2 cups sugar
2 eggs
½ cup shortening
1 cup sweet milk
2 teaspoons baking powder
2½ cups flour

Line a deep dish with puff paste. Pour in the mixture for lower part, then add the mixture for upper part, but do not stir the two together.

RHUBARB PIE

Mrs. Margaret Grubb

Wash the stalks and cut into inch bits without peeling, pour boiling water over it and let it stand ten minutes, drain and dredge lightly with flour; for a ten-inch plate, allow a heaping cup of sugar, dot with one tablespoon butter cut in bits the size of a pea, cover and bake in a quick oven for the first ten minutes, then more slowly until done, about thirty minutes in all.

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CREAM CHERRY PIE

Mrs. J. F. Stillwell, Edwardsville, Ill.

1 cup sugar
Few bits of butter on top
2 heaping tablespoons sifted flour
1 cup milk

Fill the pie plate which has been covered with pastry about level with cherries. Mix sugar and flour dry, then add the milk, stir smooth and pour over the cherries. Distribute the bits of butter over all and bake without top crust.

MOCK CHERRY PIE

Mrs. E. C. Killin, N. Weymouth, Mass.

1 cup cranberries
½ cup raisins
1 cup sugar
1 tablespoon flour
1 teaspoon vanilla

Chop cranberries and raisns fine, add sugar, flour and vanilla, mix well together, then add half cup of boiling water.

Cover pie plate with pastry, fill with mixture and cover with top crust. Bake.

CHOCOLATE PIE.

Mrs. V. S. Bailey

½ cup grated chocolate or cocoa
2 eggs
1 qt. milk
1 cup sugar
½ cup cream—cornstarch

Dissolve the cornstarch in water, beat the yolks of the eggs, add the sugar, and chocolate, mix and stir into the boiling milk until it thickens. Line two deep pie pans with rich pie crust and bake in a quick oven. Cool and fill with the mixture when it is cooled. Beat the whites of eggs stiff and spread over the top and brown in the oven.

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APPLE PIE

Miss F. Adele Spencer

Plain Pastry

1¼ cups flour
1 teaspoon baking powder(if used)
¼ teaspoon salt
1-3 or ½ cup fat
Ice water

Mix in the order given.

For Apple Pie

Wipe and cut tart apples into eights; remove the cores and skin. Vary the amount of sugar according to the acidity of the apples, using 2 tablespoons or more for an apple. If the apples are not juicy, add from half to one tablespoon water, according to the size of the apple. They may be flavored with lemon juice, cinnamon or nutmeg, and should be covered with bits of butter. Bake until the apples are soft and the crust brown.

Apple sauce may be used on a baked crust.

APPLE OR PEACH CUSTARD PIE

Miss Alice Fangenroth, Edwardsville, Ill.

Line a pie pan with good crust; put into it 2-3 cup of sugar, mixed well with 2 tablespoons flour. Now slice the apple or peach into this and sprinkle a little sugar on top, add 2 tablespoons water and bake three-quarters of an hour.

PINEAPPLE PIE

Miss Agnes V. Culbertson, West Park Church, Philadelphia.

3 eggs
2 cups sugar
2 tablespoons water
Butter size of walnut
1 cup water
1 pineapple

Use judgment about the amount of water used. Cut the pineapple in small pieces. Cover with top crust.

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191 PRUNE PIE

Mrs. Edward C. Killin, N. Weymouth, Mass.

2 lbs. prunes
1½ cups sugar
¼ of a lemon cut in small pieces
1 teaspoon of butter

Soak the prunes over night. In the morning put on to cook until soft. Remove the pits, put back on stove, add sugar, lemon and butter; let all cook again for five minutes and make three of the best prune pies you ever ate.

CUSTARD PIE

Mrs. Margaret Grubb

1½ pints milk
4 eggs
Pinch of salt
1 cup sugar
1 teaspoon lemon extract (No. al)

Line well greased pie plate with pastry fourth-inch thick, take ball of paste, well floured, and, with palm of left hand pressed against edge, proceed to push the paste from center into a thick high rim on edge of plate. Fill while in oven with sugar, eggs and milk beaten with extract and strained. Bake in moderate oven 20 minutes.

For cocoanut custard pie proceed as above, adding 1½ cups grated cocoanut, and leaving out half-pint milk.

GRANDMOTHER'S CRANBERRY PIE

Mrs. Safford, Edwardsville, Ill.

Line a pie plate with crust. Fill with cranberries, carefully washed and picked over; pour over them about 1½ cups of sugar, sprinkle with a very little water, cover with a top crust, and bake in a quick oven at first, then more slowly until done, about 30 minutes.

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RAISIN PIE

Mrs. M. S. Sinn, Gastonia, N. C.

Raisins to cover the crust
3 eggs
1 cupful sugar
1 light teaspoon flour

Cream your butter and sugar well together, then add the flour, separate your eggs and add 1 yolk at a time until all are well mixed; then gradually stir in the milk until all is well beaten together; stone and cut the raisins up fine, then have crust in pan, sprinkle over this the raisins to cover the bottom, and then pour over the custard and put in to bake; you then take the whites of the eggs, beat them stiff and add sugar to make icing (use vanilla for flavoring) put over the pies. Take a knife and press the icing close to the crust, and it will not separate when cooked.

LANCASTER COUNTY SHOO-FLY PIE

Mrs. T. Otis Byrant

3 cups flour
1 small cup lard
1 cup brown sugar
1 teaspoon cinnamon

Set this part aside until the following batter is made:

1 cup molasses
1 cup boiling water
1 teaspoon baking soda

After mixing well into the molasses, add the first part by handfuls until over half has been added, then sprinkle the rest over the top of the pies. Make enough crust for three pies.

MAPLEINE PIE

From "Mapleine Danties"

Yolks of 4 eggs
1 cup granulated sugar
¾ cup butter
3 heaping tablespoons cornstarch
1 teaspoon ginger
1 cup Mapeline syrup

Make regular pie crust and bake in quick oven. Use the whites of the egg for meringue. Enough for two pies.

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MOLASSES PIE

Mrs. T. A. Hatch, Greensboro, N. C.

4 eggs
1 cupful sugar
1½ cupfuls molasses
2 teaspoons butter

Beat eggs separately, put whites in last, season with nutmeg and ginger; bake on a thin under crust in moderate oven.

LEMON TURNOVERS

Mrs. E. H. Wood, Omaha, Neb.

2 cups chopped raisins
½ cup cracker crumbs
2 cups sugar
2 tablespoons water

Grated rind of one and juice of two lemons. Stir all together and let stand over night, or any length of time before baking in the pie crust.

RICE PIE

Miss Minnie E. Shaw

2 cups boiled rice
2 eggs
1 cup sugar
2 cups milk
2 tablespoons of flour

Use whatever flavoring you prefer. Line a pie plate with crust, fill and bake as other pies.

SWEET POTATO PIE

Mrs. E. C. Mink, State Road, Highland Park, Pa.

1 pt. cold sweet potatoes, mashed
1 cup sugar
1½ pints milk
2 eggs
Butter size of eggs

Melt the butter, mix with other ingredients, flavor with grated nutmeg. Bake in one crust

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CHEESE PIE

Mrs. A. C. Hamill

5 cts. worth cottage cheese
5 cts. worth cream
2 eggs
2 tablespoons flour

Salt and sugar to taste. Thin with milk like pumkin pie.

STRAWBERRY SHORTCAKE

Mrs. E. J. Jeffress, Edwardsville, Ill.

2 scant cups flour
½ teaspoon salt
1 full tablespoon lard
1 egg
1 full tablespoon butter
1 egg
2 level teaspoons baking powder
Milk

Mix baking powder and salt into flour, rub in butter and lard, beat the egg in a tea cup and fill cup with milk, then add this to flour to make a soft dough. Divide in two parts, roll thin and spread with soft butter. Place the two together and bake. When done, split open and spread the sweetened fruit. Serve with cream.

CREAM PUFFS

Mrs. Annie Schoenenberg

1 cup hot water
1 cup flour
½ cup butter
2 eggs

Dissolve the butter in the hot water. Set on stove and let come to a boil. Stir in the flour while boiling. Stir until smooth. Let cool and stir in the eggs one at a time without beating. Drop on buttered tins and bake 30 minutes in quick oven. This makes about 9 puffs. Fill with the following, 1½ cups milk and 1 beaten egg heated together, sweeten and flavor to taste, and thicken with cornstarch.

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CHAPTER IX.

PUDDINGS AND DESSERTS

Josh Billings' Philosopsy:—

"We should be keerful how we encurridge luxuries. It is but a step forard from hoe cake to plum puddin'; but it's a mile and a half by the nearest road when we have to go back again."

ENGLISH PLUM PUDDING

Miss M. E. Shaw.

1 lb. raisins
1 lb. currants
1 lb. beef suet (chopped fine)
¾ lb. stale bread crumbs
¼ lb. brown sugar
6 eggs (or can be made with 2)
1 nutmeg (grated)
½ teaspoon cinnamon
½ lb. orange and lemon peel

Put in greased moulds, tie in cloth and boil five hours when made, and five hours before serving. Either rich or plain sauce can be used with it.

ENGLISH PLUM PUDDING

Mrs. George Dyson.

2 cups beef suet
3 cups flour
2 cups sugar
1 cup milk
¼ cup butter
3 eggs
1 potato (grated)
1 carrot (grated)
1 lb. currants
1 lb. raisins
¼ lb. orange and lemon peel
2 teaspoons baking powder
1 teaspoon allspice
3 tablespoons dark molasses and a little salt

Put in a pudding bag in boiling water and boil five hours. Serve with hard sauce.

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CHERRY PUDDING WITH CANNED CHERRIES.

Mrs. F. O. Bryant

Strain the juice from 1 quart of cherries and place them in bottom of baking pan. Pour over the following batter:

2 eggs (beaten separately)
1 cup sugar
1 tablespoon of butter
1 cup of milk
2 cups of flour
1 heaping teaspoon baking powder

Bake 45 minutes. Serve with sauce made of the juice, heated to boiling point and thicken with 2 tablespoons of cornstarch. Add half-cup of sugar.

POOR MAN'S PLUM PUDDING

Mrs. H. C. Duff

2 cups molasses
2 cups raisins
1 cup milk
1 cup suet (chopped fine)
2 level teaspoons baking powder

Add enough flour to make batter drop from spoon. Not too thin. Mix and steam 2½ hours.

SUET PUDDING

Mrs. Wm. Darrell

3 cups flour
1 small cup suet
1 cup raisins
2 eggs
2 tablespoons sugar
½ teaspoons salt
1 teaspoon baking powder

Add enough milk to make a stiff batter and boil steady for ¾ of an hour.

COTTAGE PUDDING

Mrs. Alice Mahoney

1 cup sugar
½ cup milk
2 cups flour
2 teaspoons baking powder
Butter size of walnut

Cream, sugar and butter, add eggs well beaten, then milk, flour, and baking powder, flavor to taste. Bake twenty minutes. Serve with cream and sugar.

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COTTAGE PUDDING NO. 1

Mrs. Sarah R. Rebert

1 pint flour
1½ teaspoons baking powder
2 eggs
1 cup sugar
1 cup sweet milk
1 pint cherries (floured)

Can use any kind of fruit desired. Serve with cream and sugar

ORANGE PUDDING

Miss Mary Simmington, Philadelphia

5 oranges
3 eggs
1 cup sugar
1 tablespoon cornstarch
1 pint milk
2 ounces pulverized sugar

Slice the oranges in small pieces, place in a pudding dish and sugar each layer.

Make a custard of the cup of sugar, milk, yolks of eggs and cornstarch, boil and pour over the oranges. When cold make a meringue of the egg whites and pulverized sugar, and cover top.

CREAM PUDDING

Mrs. S. Thompson

1 pint milk
½ cup sugar
4 eggs (whites)
4 even tablespoons cornstarch
1 teaspoon vanilla

Beat eggs to a stiff froth and stir in last.

E. HOWARD GILPIN PURE MILK and CREAM
UPLAND, PA.

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MAY'S FAVORITE PUDDING

Contributed by Ceylon Spice Co., Philadelphia

1 pint boiling water
½ cup sugar
1 lemon
3 tablespoons Instantaneous Tapioca
2 eggs (whites)

To the pint of boiling water add the juice of lemon and the sugar; while still boiling sprinkle and stir in the tapioca. Continue boiling from ½ to 1 minute, till grains are clear. Have ready the finely whipped whites of eggs in earthen bowl, pour boiling tapioca on them, beating until thoroughly mixed; set away to cool. Serve with the following sauce: To one pint of boiling milk add the well-beaten yolks of the two eggs, together with half teaspoon of moistened cornstarch and half cupful sugar; flavor with lemon extract.

THE JEM

Ceylon Spice Co.

1 pint milk
1 pint water
1 teaspoon vanilla
4 eggs (whites)
1½ tea cups sugar
2 rounded tablespoons moistened cocoa
6 tablespoons Instantaneous Tapioca

Bring the milk and water to a boil and add sugar and cocoa; carefully sprinkle and stir in the tapioca, continue boiling one minute, remove from fire and add the vanilla. Have ready the finely beaten whites of the eggs into which pour the boiled mixture and beat thoroughly together. Serve with whipped cream.

CORN PUDDING

Miss Annie N. Griffith

1 cup raw corn
1 cup white sauce
3 eggs (yolks and whites beaten separately)
A little each of salt and sugar and baking powder

Score and scrape the corn from the cob, add the white sauce and salt, sugar and baking powder. When cool add

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the yolks and whites of eggs. Turn into a shallow dish and bake 20 minutes, in a hot oven.

For the White Sauce

1 tablespoon butter
1 heaping teaspoon flour
1 cup milk

SNOW PUDDING

Miss Jessie Simmonds

1 package gelatine
½ pint cold water
1 pint boiling water
3 lemons (juice)
1½ cups granulated sugar
1½ pints milk
4 eggs (separated)

Soak gelatine in the cold water half hour, then add the boiling water, and set aside to cool. Beat the whites of the eggs until stiff and add half cup of the sugar and the juice of lemons. When gelatine cools, and before it stiffens, add to mixture and beat all together well, and pour in dish or mold. Set in cool place to stiffen.

Make a custard, using double boiler, of the milk, egg yolks, and remaining cup of sugar. Put the milk and sugar in first, and when thoroughly heated, stir in the beaten yolks. Use to pour over the pudding.

CORN PUDDING

Mrs. L. Cullens, Edwardsville, Ill.

1 can corn
2 eggs
½ cup bread crumbs
1 pint milk
2 tablespoons sugar
1 tablespoon butter

Salt and pepper and bake one hour.

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STEAMED PUDDING

Mrs. Geo. Dyson

3 cups flour
1 tablespoon lard
3 teaspoons baking powder
A little salt

Mix with milk to a stiff batter then add either blackberries, peaches, cherries, or raisins. Pour into a well buttered steamer and steam one hour or more, serve with cream or clear sauce.

APPLE TAPIOCA PUDDING

Mrs. Geo. Dyson

6 or 8 sound apples
1 cup tapioca
Sugar
1 quart water
Butter size of egg

Core the apples, fill with sugar, and place in baking tin. Stir the water, tapioca and butter over fire until done, pour over apples and bake in hot oven until apples are soft. Serve with cream or lemon sauce.

For Lemon Sauce

Boil together 1 pint water and a large cup of sugar until clear and a little thick. Flavor with lemon.

CHOCOLATE PUDDING

Mrs. Mary M. Harley

2 cups stale bread crumbs
4 cups scalded milk
½ cup grated chocolate
2-3 cup sugar
2 eggs
¼ teaspoon salt
1 teaspoon vanilla

Melt chocolate in a double boiler, pour the boiling milk over the bread crumbs, put half the sugar in chocolate and beat in eonugh milk from the bread-crumbs to thin chocolate. Pour chocolate into bread-crumbs, add beaten eggs, the remainder of the sugar, salt and vanilla. Bake 1 hour in buttered dish. Serve cold.

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BAKED CHERRY PUDDING

Miss Helen Fahnestock

2 tablespoons butter
1 teacup sugar
1 egg
2 teasups pitted cherries
1 teacup milk
2 cups flour
1½ teaspoons baking powder

Butter a pudding dish and bake. Serve with any sauce preferred. Red raspberries and, later, peaches, can be prepared in same manner. Use half quantity for small pudding.

HUCKLEBERRY PUDDING

Mrs. Amelia Kothe

2 cups light brown sugar
2-3 cup butter
1 cup sweet milk
3 cups huckleberries
3¼ cups flour
3 level tablespoons baking powder
1 teaspoon salt

Sift together the flour, baking powder and salt. Cream together the sugar and butter, add milk and flour and beat well. Stir the huckleberries (washed, dried, carefully picked over and well floured) into this mixture. Bake in a well oiled dripping pan for 45 minutes.

ROLEY-POLEY

Mrs. Richard Miller

2 oz. loin suet (chopped fine)
1 pint flour
1 teaspoon baking powder
A little salt

Mix with cold water to the proper consistency to roll out, then roll out and put in any kind of preserves, raisins or currants. Then roll up and tie in a cloth and boil, or if steamed, place in a dish. Cook two hours. Serve with drawn butter.

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GREEN CORN PUDDING

Mrs. S. Thompson

12 ears corn
1 pint milk
Salt and pepper
2 eggs (separated)
Butter size of egg

Grate the corn into a pudding dish. Add eggs, well beaten, and butter. Season to taste. Bake 20 minutes in hot oven.

BIRD'S NEST PUDDING

Mrs. L. M. Armstrong, Edwardsville, Ill.

5 apples
6 tablespoons flour
A little salt
3 eggs
1 pint sweet milk

Pare and core the apples. Set in buttered pan, pour on the batter. Bake one hour. Serve with sauce.

QUEEN OF PUDDING

Miss Luckie

1 pint bread crumbs
1 quart milk
2 cups sugar
1 lemon (grated rind and juice)
Butter size of egg
4 eggs (separated)

Make a custard, using the grated rind of lemon and beaten yolks of eggs with 1 cup sugar, the milk, bread crumbs and butter. Bake. When cool, spread over top with slices of jelly to cover with a meringue made of the egg whites beaten stiff with 1 cup sugar and the juice of lemon, and brown in oven.

GOOSEBERRY JAM PUDDING

Mrs. W. S. Potts, Pawnee, Neb.

2-3 cup sugar
1 tablespoon butter
2 tablespoons sour milk
½ cup preserved or spiced gooseberries
1 small teaspoon cinnamon
1 egg
1 cup flour
½ teaspoon soda

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Make into batter and bake in cake pan. (other fruit jams may be used.)

Sauce

1 cup sugar
1 tablespoon flour
1 small teaspoon butter
1 orange (juice and grated rind)
1½ cups boiling water

Vanilla sauce may be made by substituting that flavor for the orange. Cook until it thickens.

QUEEN OF PUDDINGS

Mrs. A. H. Clyde

3 cups bread crumbs
1 pint milk
½ cup sugar
3 eggs
1 tablespoon butter
1 lemon
3 tablespoons pulverized sugar

Soak the bread crumbs in milk; beat the yolks, sugar and butter together, flavor with the rind and juice of lemon, bake all in a greased pan; when done spread with jam. Cover with a meringue of the beaten whites and pulverized sugar

PEACH AND APPLE DUMPLINGS

Mrs. Richard Miller

Proportion for dumplings: A tablespoon of flour and a pinch of salt to each peach or apple. Mix in a bowl with boiling water, stirring all the time. Place the dough while hot around the fruit, tie in a cloth and place in boiling water; boil half hour and serve with butter and sugar.

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WOODFORD PUDDING

Mrs. E. J. Jeffress, Edwardsville, Ill.

3 eggs, well beaten
½ cup butter
1 tablespoon sour milk
½ teaspoon soda in the milk
1 cup sugar
1 cup jam
½ cup flour
1 teaspoon mixed spices

Bake in moderate oven.

Sauce

2 eggs (well beaten)
1 cup sugar
½ cup butter

Rub butter and sugar together, stir in the beaten eggs, place over the fire and stir until thick, then remove at once.

STEAMED FRUIT DUMPLINGS

No-Al Cook Book

1 qt. blackberries
½ cup water
1 cup sugar

Put in saucepan that has a tight cover so steam will not escape. Simmer ten minutes.

For the Dumplings

1 cup sifted flour
1 heaping teaspoon baking powder
1 tablespoon sugar
¼ teaspoon salt

Sift above ingredients together; put two drops No-Al vanilla in enough milk to make a soft dough. Dip teaspoon in juice and drop the dumplings in quickly, wetting spoon each time; keep far enough apart not to touch. Set on mat and let simmer at boiling point 12 to 15 minutes. Do not lift cover until time is up. Serve with soft custard sauce. Apples, peaches, cherries, or dried fruit may be used as above, only be sure and do not have too much juice, as dumplings will be heavy. If too juicy dip out part and make it into a sauce to serve over dumplings.

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BLACKBERRY EMPRESS

Mrs. Arthur Dyer, Edwardsville, Ill.

2 cups milk
1 egg
½ cup butter
1 teaspoon baking powder
Flour to make a thin batter

Put a layer in pudding dish, add a quart of raw blackberries well covered with sugar and a little butter. Cover with remaining batter and bake one hour. Serve either hot or cold with sweet cream.

SPANISH CREAM

Mrs. B. H. Sweeney

1 quart milk
4 eggs (separated)
½ box gelatine
1 cup sugar

Let milk and gelatine soak one hour. Then put this on the stove and let come to a scald. Beat the yolks of the eggs with half the sugar and pour into the scalded milk, let come to a curdle. Then let cool just a little. Beat the whites of eggs light with the remaining half of sugar. Then stir this into the custard. Put in moulds and serve with rich cream.

AMERICAN CREAM

Mrs. C. V. Ladomus

1 qt. milk
1 oz. gelatine
4 eggs (separated)
10 tablespoons sugar

Beat half of the sugar into yolks of eggs and half into whites of eggs. Dissolve gelatine in the milk in double boiler; when just at boiling point take from fire and beat in the yolks of eggs. Then add the whites of eggs. Use one teaspoon of any desired flavoring. Beat all well together, turn into moulds and set in cool place.

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COFFEE MOUSSE

Mrs. W. C. Hogg, Williamsport, Pa.

2 cups cream
1 cup strong coffee
1 cup sugar
1¼ tablespoons gelatine
2 tablespoons cold water
3 tablespoons boiling water

Whip the cream. Dissolve gelatine in the cold water, then stir in the boiling water. Mix all except cream. Stand dish in ice water and beat with egg-beater until it begins to thicken, then fold in whipped cream.

APRICOT CHARLOTTE

Mrs. Laura L. Kerlin

1-3 package gelatine
1 cup boiling water
¾ cup sugar
1 cup stiffly whipped cream
1 cup apricot pulp
1 lemon (juice)

Dissolve gelatine in a little cold water, add the boiling water, also the sugar, lemon juice and apricots. When it has cooled stir in the whipped cream, and put in ice box until time to serve.

FAVORITE CUSTARD

Mrs. Frances B. Free

1 qt. milk
6 eggs (separated)
1 teacup sugar
2 tablespoons sugar
Vanilla

Put the milk in double boiler, add the beaten yolks of eggs, the cup of sugar and vanilla, to make custard. When done, pour in dish. Beat the whites of eggs to a stiff froth, with 2 tablespoons sugar, and drop, by spoonfuls, on top of custard. Brown slightly in oven. Half this quantity is sufficient dessert for 4 or 5 persons.

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MOCK CHARLOTTE

Mrs. C. H. Hubbard

4 tablespoons cornstarch
1 pint boiling water
½ cup sugar
4 eggs (whites)
1 teaspoon vanilla

Moisten cornstarch with cold water; add to it the boiling water, and sugar. Pour this mixture slowly on the beaten whites, and add vanilla. Pour in mold and set on ice.

Custard Sauce for Above

1 pint milk
4 eggs (yolks)
4 tablespoons sugar
1 teaspoon vanilla

Heat the milk, and with a little of it mix the eggs and sugar. Take milk from stove and add mixture, and put back on stove. Stir until it will coat a knife blade, add vanilla and set away to cool.

BANANA CHARLOTTE

Mrs. W. Myers, Philadelphia

1-3 box gelatine
1-3 cup cold water
1-3 cup boiling water
1 lemon (juice)
¾ cup sugar
3 eggs (whites)
1 cup banana pulp or apples

Line a mold with lady fingers. Soak the gelatine in the cold water, pour over it the boiling water. Strain over it the banana pulp (about 4 good sized bananas peeled and pressed through a ricer), add the sugar and lemon juice. Place the vessel containing the mixture in a pan of ice water, stir until the sugar is dissolved. Beat the whites of eggs until stiff, add the cold mixture to the eggs and fold together until stiff enough to drop from a spoon. Pour into the lined mold, and serve with whipped cream or custard.

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PINEAPPLE SNOW

Mrs. Sarah R. Rebert

½ small pineapple
4 tablespoons powdered sugar
2 eggs (whites)
½ pint cream

Have the cream on ice for several hours. Pare, remove the eyes, and grate pineapple. Put pulp upon a sieve to drain. Beat eggs until foamy; add sifted sugar, by degrees, beating steadily; then beat until stiff and glossy. Whip the cream to a stiff froth. Stir it carefully into the meringue. Then fold in the pineapple pulp, adding as much as the cream and meringue will hold without being too soft. Serve very cold in custard glasses.

BAKED CUP CUSTARDS.

Mrs. R. J. Dunning, Omaha, Neb.

1 qt. milk
4 eggs
4 tablespoons sugar
A little vanilla

Rinse cups in cold water. Pour in custard and place in pan of hot water. Bake 25 minutes.

STRAWBERRY SARACIN

Mrs. Robert R. Aikin

Butter some slices of thin toast generously, and line with it the bottom and sides of a china dish which can be set in the oven. The pieces of toast, made of stale bread and cut quite thin, should be well dried in toasting; they should be trimmed to fit the dish neatly. Fill the remaining space with stemmed strawberries, packed closely. Sift pleanty of sugar over and among the berries and set in a moderate oven for half hour, or until the fruit has melted a good deal, and settled. It will be found that they melt away so much that the dish must not only be packed, but heaped, or it will not look well when done. Serve very cold with thick cream. This is delicious.

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PRUNE WHIP

Miss Ella H. Culbertson, West Hope Presbyterian Church, Philadelphia

1 lb. prunes, stewed, stoned and chopped very fine
4 eggs (whites)
4 tablespoons confectioner's sugar

Beat the egg whites very stiff, add the sugar. Beat in the prunes, and beat the mixture until it will hold its shape. Serve with soft custard made of—

1 pint milk
4 eggs (yolks)
4 tablespoons sugar
Lemon flavoring

This will serve eight persons.

STRAWBERRY CREAM PUFFS

No-Al Cook Book

Whip 1 cup heavy cream, sweeten, flavor with 3 drops No-Al Lemon. Cut berries in discs at serving time, roll in powdered sugar, sprinkle through the cream by folding it over the berries. Fill cream-puff shells, heap above the puff irregularly. Set on plate with a few whole berries, rolled in sugar, on the side of plate, and cube of cake.

RICE SNOW BALLS

Mrs. Margaret Grubb

Boil rice in salted water till very tender. Wet small cups, and while rice is still hot, pack tightly into cups, leaving a hollow in centre. Set in a cold place for about 3 hours. In serving, fill hollow with red jelly and pour custard sauce around each one.

BAKED QUINCES

Mrs. C. Bunyea

Nice large quinces, cut in halves. Take cores out, and fill each quince with a little butter. Place in pan with water and bake. Serve with pulverized sugar and cream.

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APPLE JELLY DESSERT

Mrs. T. W. Smith

1 pint apple sauce
1-3 box gelatine
1-3 cup cold water
1 lemon (thinly peeled rind)

Cook together, after soaking gelatine in the water for one hour, and turn into a border mold; when cold turn it out on a platter and fill the center with sweetened whipped cream.

ORANGE DESSERT

Mrs. Mary M. Harley

Pare and cut in thin crosswise slices six large juicy oranges, removing the seeds. Place a layer in the bottom of a large glass dish, sprinkle with sugar, then a layer of canned, shredded pineapple, drained from syrup, and continue the alternate layers until the fruit is all used. Heap sweetened whipped cream on top and serve cold, with gold, sponge or some other light cake.

PINEAPPLE FRITTERS

Mrs. J. T. Keller, St. Louis, Mo.

2 eggs
½ teaspoon salt
½ cup milk
1 cup flour

Reserve the whites, and beat other ingredients together until smooth, and let stand an hour before using. Beat the whites of eggs stiff, and fold in when ready to fry. Cut the fruit in thin, small sections, dip each in the batter and fry a handsome brown. Serve with sauce made by boiling the juice of the pineapple with half cup sugar.

RASPBERRY PUFF

Miss Luckie

3 eggs (whites)
1 cup fruit
1 cup sugar

Beat very light.

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A SIMPLE DESSERT

Mrs. Joseph Stroud

Line the sides of a mold with sponge cake, cover the bottim with sliced bananas, and fill up with stiffly whipped cream. Set on ice until served.

SALPICON OF FRUITS

Mrs. Geo. Kalbfleisch, Edwardsville, Ill.

Mix together lightly equal parts of orange pulp, bananas cut in dice, and California grapes with seeds removed and cut in halves, also some grated pineapple, add sugar and lemon and orange juice. Serve in glasses, or halves of oranges, with pulp removed.

LEMON SAUCE FOR COTTAGE PUDDING

Mrs. A. H. Leeder

1 lemon (juice and rind)
1 egg
1 cup sugar
1 cup boiling water

Beat the egg, add sugar and lemon then add to this the boiling water. Heat slowly and take from fire when boiling point is reached. Serve hot.

HARD SAUCE

Mrs. A. B. Hammell

¼ cup butter
1 cup pulverized sugar
1 egg (the white beaten stiff)
1 teaspoon vanilla

Beat all together thoroughly.

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CHOCOLATE SAUCE

Mrs. B. H. Sweeney

½ cup sugar
½ cup water
4 ounces unsweetened chocolate
½ teaspoon vanilla
½ cup cream or milk

Boil sugar and water 5 minutes in a sauce pan, let syrup cool, then stir in slowly the chocolate (melted), add the vanilla and let stand in a pan of hot water until ready to serve; then add cream or milk.

HARD SAUCE

No-Al Cook Book

1 cup powdered sugar
½ cup butter
1 tablespoon clear lemon or grape juice
4 drops No-Al lemon or vanilla flavor

Wash butter in very cold water; when it is tough and elastic, put into a bowl and beat into a cream; when very light begin to gradually add the sugar and flavors desired, beating all the while. When very light and thick gradually beat in the lemon or grape juice.

This is improved by adding whites of two eggs, one at a time, while beating the sugar in. Heap into a glass dish and stand on ice to cool. Candied cherries cut and sprinkled over are a change.

SAUCE FOR COTTAGE PUDDING

Mrs. Sarah R. Rebert

1 small cup sugar
1 egg
2 tablespoons water
½ pint boiling milk
Piece butter size of walnut
2 tablespoons flour

Mix sugar, egg, flour, and water together, being careful that flour does not lump, then stir in the boiling milk; use any desired flavor.

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VANILLA SAUCE

Mrs. T. W. Smith

½ cup butter
1 cup sugar
1 teaspoon vanilla
1 tablespoon (rounding) cornstarch

Cream the butter; add gradually the sugar and stir until light and creamy. Place the cornstarch in a saucepan, moisten with a little cold water and pour over it one pint of boiling water; place over the fire and cook until clear. At serving time stir this hot mixture into the butter and sugar; stir until thoroughly mixed, add the vanilla and serve.

RICE PUDDING

Mrs. Sarah E. Brown

2 qts. rich milk
5 tablespoons rice (scant)
4 tablespoons sugar
1 teaspoon vanilla
Pinch salt

Cook in slow oven 2 hours, stirring frequently the first hour.

(Contributed by Minute Gelatine Co.)

TAPIOCA CREAM

Cook in a double boiler for fifteen minutes one quart hot milk, two heaping tablespoons MINUTE TAPIOCA and a little salt, stirring frequently. Beat together the yolks of two eggs and half cup sugar, and at the end of the fifteen minutes stir into the milk and tapioca. Let all this cook till it begins to thicken like custard. Remove from fire, pour into a dish and whip in the beaten whites of the eggs until no white is to be seen. Add any flavoring desired. It is delicious poured, when cold, over any fresh fruit, as strawberries, raspberries, peaches or oranges.

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PINEAPPLE TAPIOCA

Boil half a cup of MINUTE TAPIOCA and half cup sugar in four cups water till clear. Pour this over one pint canned pineapple. When sufficiently cold decorate the top of pudding with currant jelly and serve with sweetened whipped cream.

CREAMED APPLE TAPIOCA

Cook two level tablespoons MINUTE TAPIOCA in one and one-half pints milk fifteen minutes. Then add two well beaten eggs, one-half cup sugar, a little salt and remove at once from fire. Pare and quarter six apples and sprinkle with sugar and nutmeg. Pour over them the tapioca custard and bake until apples are soft.

MINUTE CHOCOLATE WALNUT JELLY

Dissolve one package chocolate MINUTE GELATINE (flavored) in one pint hot milk and set to cool. When beginning to congeal beat to a stiff froth, adding one-half cup walnut meats and one-half dozen figs cut fine. Serve with whipped cream.

AMERICAN CREAM

One pint milk, one envelope MINUTE GELATINE (plain), yolks two eggs beaten with two tablespoons sugar and a little salt. When the milk is boiling hot, stir in slowly the gelatine, then add the yolks, sugar and salt, and cook only a moment, stirring constantly. Remove from fire, stir in the whites, beaten with two tablespoons sugar, and flavor to taste.

PRUNE WHIP

Soak one cup prunes in warm water and stew until tender. Rub through a sieve. To one cup of the sifted prunes add one-half cup sugar and one-half cup hot water in which is dissolved one envelope MINUTE GELATINE

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(plain). Whip into this the well beaten whites of three eggs. Serve with a custard sauce.

CHARLOTTE RUSSE

Dissolve one envelope MINUTE GELATINE (plain) in one cup hot milk and cool. Beat to a froth one cup cream and one-half cup sugar. Add the milk when beginning to thicken and flavor with vanilla, rose or almond extract. Stir until thick. Pour into a mould lined with delicate sponge cake and set on ice till ready to serve.

WILD CHERRY AMBROSIA

Dissolve two packages WILD CHERRY MINUTE GELATINE (flavored) in one pint of hot water, add one pint of cold water, and set in a cool place to partially congeal. Pare and cut into small pieces four nice juicy oranges. Place in a glass dish a layer of the oranges, next a layer of shredded cocoanut and then a layer of the partially congealed gelatine. Continue the layers in this order until the dish is full. Serve with a soft custard or cream.

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CHAPTER X.

CAKE

"Better shet your kitchen,though, before you go to meetin',
Better hide your mince meat an' stewed fruit an' plums;
Better hide your pound cake, an' bresh away the crumbs!
Better hide your cupboard key, when Billy Gooden comes,
A eaten! an' a eaten! an' a eaten!" —*Riley.*

FRUIT CAKE

Mrs. H. C. Duff

¾ lb. butter
2½ lbs. currants
2½ lbs. raisins
½ lb. citron
1 lb. flour
1 lb. granulated sugar
2 level teaspoons baking powder
1 heaping teaspoon allspice
1 heaping teaspoon cloves
9 eggs

Beat sugar and butter together until light, add eggs one by one, beating continuously. Flour raisins and currants. Add other ingredients, bake slowly four hours.

CHRISTMAS FRUIT CAKE

Mrs. J. W. Brotherston

1 lb. butter
1 lb. sugar
1 lb. flour
2 lbs. raisins
2 lbs. currants
1 lb. peel(citron, lemon and orange)
1 lb. almonds
10 eggs

Wash and dry currants, blanch almonds. Cut peel fine, pick over raisins. Mix all well with 1 cup flour. Cream butter and sugar, add beaten eggs and the 1 pound of flour, then add to this batter a handful of fruit at a time. Bake in very slow oven. Will weigh about 10 pounds when baked.

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EGGLESS FRUIT CAKE

Mrs. J. A. Smith, State Road, Highland Park, Pa.

1 cup sugar
½ cup butter
1 cup sour milk or butter-milk
1 teaspoon cinnamon
½ teaspoon nutmeg
2 cups sifted flour
1 cup raisins (chopped)
1 cup currants
¼ lb. citron (cut fine)
1 teaspoon soda
½ teaspoon cloves

Beat the sugar and butter to a cream, dissolve soda in a little hot water and stir it into the milk and add to it then the spices, flour and raisins and currants and add them last. Bake in a well buttered tin, on the bottom of which place a clean white paper also well buttered. You will find this recipe very good when eggs are scarce.

FRUIT CAKE

Mrs. Alice Miller

1 lb. butter
1 lb. sugar
1 lb. flour
1 lb. currants
2 lbs. raisins
1 teaspoon cinnamon
10 eggs
¼ lb. citron
½ teaspoon cloves
½ nutmeg (grated)
1 tablespoon ginger

PORK CAKE

Mrs. John Hoffecker

1 lb. fat pork (chopped fine)
1 cup molasses
1 teaspoon soda
2 cups sugar
1 lb. raisins (chopped)
1 lb. currants
½ lb. citron

Pour one pint boiling water on the pork and let cool, then mix all together and add spices to suit the taste, also flour to make rather stiff.

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FRUIT CAKE

Miss Mary P. Volkhardt

½ lb fresh butter
½ lb. sugar
½ lemon (grated rind)
½ lb. flour (sift several times)
1 lb. currants
1 lb. raisins (seeded)
1 lb. Sultana Raisins
2 oz. candied orange (shredded)
5 eggs
¼ cup molasses
½ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon allspice
¼ nutmeg (grated)
½ lb. citron (sliced)
1 gill spiced fruit juice

Cream butter and sugar together, add eggs one at a time, beating well between each egg, mix together and add the molasses and lemon rind, then the spices and flour. Stir well or knead with the hand before adding currants and raisins, citron and orange peel. Add the fruit juice and knead all 15 minutes. Pour in pan lined with buttered paper and bake 4 or 5 hours. This will make one large or two small cakes.

WANAMAKER CAKE

Mrs. Robert Bradley

4 eggs
2 cups sugar
½ cup mashed potatoes
1½ cups flour
½ cup milk
½ cup melted chocolate
1 cup butter
1 teaspoon cinnamon
1 teaspoon nutmeg
2 teaspoons baking powder
¼ teaspoon salt
½ teaspoon cloves

Bake either in loaf or layers.

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NUT CAKE

Mrs. C. T. McCall

3 cups sugar
1 cup butter
1 cup milk
4 cups flour
4 eggs
1 lb. raisins
1 lb. currants
1 pint nuts (all kinds)
2 or 3 teaspoons baking powder

GRANDMOTHER'S SPICE CAKE

Mrs. T. W. Smith

1 cup raisins
1 cup currants
1 cup butter
2 cups brown sugar
1 cup cold water
3 eggs
3½ cups flour
2 tablespoons cinnamon
½ teaspoon cloves
1 scant teaspoon salt
1 nutmeg (grated)
2 teaspoons baking powder
1 ounce citron

Mix ingredients thoroughly and bake in moderate oven.

IMPERIAL CAKE

Mrs. Thomas Graham

1 lb. butter
1 lb. sugar
1 lb. flour
10 eggs
2 lbs. raisins (seeded)
2 lbs. dates
2 lbs. figs
2 lbs. almonds (with shells); or
1 lb. shelled almonds
1 grated nutmeg
1 wine-glass of juice from spiced fruit.

Flour the fruit well with the flour already weighed. This makes a large cake.

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PRESIDENTIAL SPICE CAKE

Mrs. Wm. Darrell

2 eggs
1 cup sugar
½ cup butter
1 cup sour milk
2 cups flour
2 teaspoons cinnamon
1 cup rasins chopped fine (or currants)
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon allspice
½ teaspoon ground cloves

Mix soda in sour milk, and add after it is done foaming Add baking powder with flour and spices.

LANCASTER COUNTY BLACK SHEEP CAKE

Mrs. F. Otis Bryant

First part—

1 cup grated chocolate
½ cup sweet milk
1 cup brown sugar
1 egg (yolk)
1 teaspoon vanilla

Mix all together; cook slowly, and set aside to cool.

Second part—

1 cup brown sugar
½ cup butter
½ cup sweet milk
2 eggs (separate yolks)
2 cups flour

Cream butter, sugar and yolks together, then add milk, sifted flour and beaten whites of eggs, mix all together, then add FIRST PART. Lastly, add teaspoon soda dissolved in a little warm water.

Butter Scotch Icing for Top

2 cups brown sugar
¼ cup butter
½ cup sweet cream or milk

Boil 20 minutes

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DEVIL'S FOOD

Miss Mary C. Volkhardt

Part 1—

1 cup brown sugar
½ cup milk
½ cake Baker's chocolate

Put all three in a vessel and melt.

Part 2—

1 cup brown sugar
½ cup butter
1 cup milk
2 cups flour
3 eggs (whites of 2 for icing)
½ teaspoon baking soda

Dissolve soda in hot water, beat butter and sugar to a cream, then heap in yolks of eggs and 1 white beaten stiff. Then add milk and flour, then add contents of Part 1 and pour in lastly the baking soda.

WALNUT CAKE

Mrs. A. W. Wolfe

½ cup butter
1 cup sugar
½ cup milk
1½ cup flour
3 eggs (yolks)
1½ teaspoons of baking powder
1 cup walnut kernels

Cream the butter and sugar, add milk and yolks of eggs, mix baking powder in the flour, then add walnut kernels dredged with flour, stirred in alternately with the stiffened whites of the eggs.

NUT CAKE

Mrs. R. E. James

½ cup butter
1½ cups sugar
¾ cup water
2 cups flour
1 cup shellbark kernels
4 eggs (whites)
1 teaspoon baking powder

Beat the butter and sugar to a cream, add the water and flour, stir until smooth; add half the well beaten whites, then the nuts, then the remainder of the whites and the baking powder. Bake in moderate oven 45 minutes.

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ANGEL FOOD

Mrs. George Fiegenbaum, Edwardsville, Ill.

Whites of 10 fresh eggs
1¼ cups sifted granulated sugar
1 cup Davis's cake flour
½ teaspoon cream tartar
Pinch of salt

Add salt to the eggs, and when beaten half add cream tartar and beat to a stiff froth. Add the sugar and flour alternately, a little at a time until all is thoroughly mixed. Put in an ungreased tin and bake in a moderate oven 45 minutes. When done, invert the cake tin over a tea cloth and let stand until cold.

CARAMEL CAKE

Miss Helen Fahnestock

½ cup chocolate
1 cup sugar
¼ cup butter
½ cup milk
1 heaping cup flour
2 eggs
1 teaspoon baking powder

Icing

1½ cups pulverized sugar
½ cup milk
1 teaspoon vanilla
Butter size of an egg

Boil 8 or 9 minutes and stir until nearly cool

CHOCOLATE CAKE

Mrs. Armstrong

1 cup shaved chocolate (unsweetened)
¾ cup butter
1½ cups granulated sugar
1 heaping teaspoon baking powder
6 eggs (separated)
½ cup milk
2½ cups flour
1 teaspoon vanilla

Dissolve chocolate over boiling water. Cream butter and sugar, add egg kolks beaten light, then the milk, chocolate and flour, except a small portion to mix with baking powder. Beat this mixture very smooth, and then add the well-beaten whites of 4 eggs, and the vanilla, and lastly the baking powder. Mix lightly, but well, and turn into a greased pan

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which has been lined with paper and bake 45 minutes in a moderate oven. Or put into layer pans for layer cake. If you have the patent pans (Mrs. VanDusen's or some others) they will not need greasing or lining with paper.

WHITE POUND CAKE

Mrs. Celia Bunyea

1 cup sugar
½ cup butter
1½ cups flour
½ cup sweet milk
1½ teaspoons baking powder
2 eggs (whites)

Add beaten whites of eggs last, and use either almond or vanilla flavoring.

DEVIL'S FOOD

Mrs. A. W. Wolfe

¼ cake chocolate
½ cup boiling water

Pour water over chocolate and let cool.

2 cups granulated sugar
1 tablespoon butter
2 cups prepared flour
2 eggs (yolks)
½ cup sour milk
1 teaspoon soda

Mix sugar, butter and yolks of eggs well, then add sour milk and the flour stirred in with the stiffened whites of the 2 eggs, add soda and lastly the chocolate. Flavor with vanilla.

DEVIL'S CAKE

Mrs. Emma Derrickson

2 cups brown sugar
½ cup butter and lard
½ cup sour milk
2 cups flour
2 eggs
2 squares chocolate
½ teaspoon soda
½ cup boiling water

Icing

½ cup brown sugar
Small piece butter
¼ cup cream

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SUNSHINE CAKE

Mrs. A. L. Latham

1 heaping cup flour, sifted twice
1 scant teaspoon cream tartar
½ orange (juice)
1 teaspoon orange extract (Golden Rule)
1¼ cups sugar (sifted three times alone)
5 eggs (yolks) and
7 eggs (whites) beaten separately

Sift flour and cream tartar 3 times, then fold the beaten whites into yolks, add the flavoring then the sugar slowly and lastly the flour slowly. Bake in a moderate oven.

BLACK JOE CAKE

Mrs. M. Campbell

Dissolve over fire, but do not boil, 1 cup brown sugar, 1-3 cake chocolate, ½ cup milk, and set aside until needed.

1 cup brown sugar
½ cup butter
3 eggs (yolks)
3 cups flour
½ cup milk
1 teaspoon soda in enough boiling water to dissolve it.

Cream butter, eggs, and sugar, add the melted chocolate mixture. Then add flour, then the soda, beat well and bake in a moderate oven in three layers. Use the following:

Marshmallow Ising

Boil three cups granulated sugar with enough water to moisten, until it spins a thread. Beat the whites of 3 eggs, add 5 marshmallows and pour the boiling sugar over them. Beat until cool and spread between layers and over cake.

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FAIRY LOAF CAKE

Mrs. Annie Pierce, Harrisburg, Pa.

4 eggs (beaten separately)
1¼ cups granulated sugar
¾ cup butter
½ cup sweet milk
2½ cups flour
1 teaspoon cream tartar
½ teaspoon soda

Sift flour once, then measure and add soda, sift three times, cream the butter and sugar, beat the yolks to a very stiff froth and stir in, whip whites of eggs to a foam, add cream tartar and whip stiff. Add milk then the whites of eggs and then the flour, stir very hard, flavor to suit taste.

ORIGINAL LADY BALTIMORE CAKE

Mrs. A. L. Latham

1 lb. fine sugar
½ lb. butter
8 eggs
1 lb. flour
4 teaspoons baking powder
1 cup milk
1 teaspoon almond

Cream, butter and sugar and stir in yolks, beating after each. Add flour sifted with baking powder alternately with milk. Add last whites of eggs, beaten stiff.

Icing

4 cups sugar
20 tablespoons boiling water
1 cup seeded raisins (cut once)
Vanilla
1 cup walnut or pecan meats.

When sugar and water are boiled to a thread pour over 4 egg whites which have not been beaten at all. Pour a tablespoon or more at once to avoid lumping. This batter makes six layers or two cakes.

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WHITE CAKE

Mrs. J. T. Croker, Edwardsville, Ill.

1 cup butter
2 cups sugar (Eastern granulated)
10 whites of eggs
¾ cup milk
4 cups flour
2 teaspoons yeast powder
2 teaspoons almond flavoring

Cream butter and sugar 15 minutes, add flavoring, then milk, half and stir, then balance, mixing thoroughly. Sift flour twice, then measure, add baking powder, sift again, then stir in 1-3 flour and 1-3 beaten whites, and repeat until flour and eggs are stirred in. Fold these in lightly and bake in moderate oven. Protect top in oven by putting a pan on oven grate.

SNOW CAKE

Mrs. James C. Baker

1 cup sugar
1 cup milk
¼ cup butter
2 egg whites (beaten stiff)
1½ teaspoons baking powder
1 2-3 cups flour

Cream the butter, add sugar gradually, then the flavoring, the eggs and the flour with the baking powder thoroughly sifted through it, alternating with the milk. Bake in a moderate oven about 45 minutes.

SNOW-FLAKE CAKE

Mrs. Annie M. Cooper

3 cups sugar
¾ cup butter
6 eggs (whites)
1 cup cornstarch
1 cup sweet milk
2½ cups flour
2 large teaspoons baking powder

Dissolve the cornstarch in the milk. Cream the butter and sugar, then add the dissolved cornstarch, then the flour, with baking powder, and lastly fold in the beaten whites of eggs. Bake in jelly cake pans.

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FEATHER CAKE

Mrs. B. H. Sweney

2 cups sugar
½ cup butter (good)
1 cup milk
3 eggs
2 teaspoons baking powder
3 cups flour

CREAM WALNUT CAKE

Mrs. C. E. Mink, Highland Park, Pa.

2 cups sugar
2-3 cup butter
1 cup sweet milk
3 cups flour
4 eggs (whites)
3 teaspoons baking powder
1 teaspoon almond flavoring

Bake in two thick layers. Mix chopped walnut meats with the icing and spread between, cover the whole with plain icing. This makes a beautiful and delicious cake.

WHITE MOUNTAIN CAKE

Mrs. Mary E. Baldwin

1 lb. sugar
1 lb flour
6 oz. butter
4 eggs
1 cup cold water
1 pinch salt
2 teaspoons Royal baking powder

Flavor with lemon rind

WHITE MOUNTAIN CAKE

Mrs. Sarah Mayberry

1 cup sugar
½ cup butter
½ cup sweet milk
½ cup cornstarch
1 cup flour
6 eggs (whites)
2 teaspoons baking powder
½ teaspoon vanilla

Icing

Whites of two eggs and 20 teaspoons sifted sugar beaten very light, ½ teaspoon vanilla. Spread between layers and on top.

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LEMON CAKE

Mrs. S. P. Hamilton, Media, Pa.

2 cups sugar
½ cup butter
1 cup cold water
4 eggs (whites)
2 cups flour
1 heaping teaspoon baking powder

Bake in three layers.

Filling

1 teaspoon butter
1 cup water
2 teaspoons cornstarch
Grated rind and juice of 1 large lemon
1 cup sugar

Dissolve cornstarch in a little water. Boil all together until it thickens. Spread very thickly between the cakes and cover the top of all with the yolks of two eggs beaten very creamy with confectioners' sugar

APPLE SAUCE CAKE

Miss Mary Snow, Bridgeton, N. J.

2 cups apple sauce
2 cups sugar
½ cup lard
½ teaspoon cloves
1 teaspoon cinnamon
1 lb. seeded raisins
2 teaspoons soda
3 cups flour
Pinch of salt

Flour the raisins. Dissolve soda in a little hot water. Bake in a moderate oven.

STRAWBERRY CAKE

Mrs. Annie E. Grubb

1 qt. flour
1 tablespoon butter
2 teaspoons baking powder
Salt to taste

Mix with enough milk to form a soft dough. When baked, split and butter well. Keep warm and when ready to serve, spread between buttered layers strawberries which have been crushed and sugared several hours before.

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COCOANUT LAYER CAKE

Mrs. W. S. Taylor, Eddystone, Pa.

2 cups sugar
½ cup butter
8 eggs (whites)
2½ cups pastry flour
1 teaspoon baking powder
1 teaspoon vanilla

Cream well the butter and sugar. Whip to a stiff froth the egg whites, add part of them to the creamed mixture, then part of the pastry flour, alternate until used. Add vanilla, then baking powder. Bake in layers.

Icing

Beat the whites of two eggs until frothy, add 4 tablespoons powdered sugar, and beat firm enough to cut with a knife. Flavor with vanilla. Stir in one cup of freshly grated cocoanut and spread between the layers.

ORANGE CAKE

Mrs. George Thomas

1½ cups sugar
1 cup orange juice
½ cup butter
3 eggs
2 teaspoons baking powder
3 cups flour
Grated rind of one orange

Bake in three layers. Icing: Grated pulp and juice of one orange, thickened with pulverized sugar.

ICE CREAM CAKE

Mrs. John Taylor

1 cup sugar
½ cup butter
1 cup milk
2 cups flour
2 teaspoons baking powder
1 teaspoon vanilla
3 eggs (whites)

Icing

1 cup pulverized sugar
3 eggs (yolks)
1 teaspoon vanilla

Beat 15 minutes.

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CHOCOLATE LAYER CAKE

Mrs. Alice Mahoney

1 cup butter
2 cups sugar
5 eggs
2 cups flour
1 cup sweet milk
2 teaspoons baking powder

Flavor to taste; mix well, and bake in 3 layers. Use Chocolate filling.

ATLANTA CAKE

Mrs. Mary E. Williams

2 cups flour
2 cups sugar
3 eggs
1 cup butter
1 cup sweet milk
2 teaspoons bakng powder
Flavoring

Sift flour before measuring.

MARSHMALLOW CAKE

Mrs. J. D. Manley, St. Louis, Mo.

1½ cups sugar
½ cup butter
2 teaspoons baking powder
3 cups flour
¾ cup water
4 whites of eggs

Cream butter and sugar; sift flour and baking powder three times; add the flour and water alternately. Bake in two or three layers.

Filling

Boil two cups sugar with 1 cup water until it ropes. Just before removing from fire stir in half pound marshmallows; when melted stir this syrup gradually into the well beaten whites of 2 eggs, and beat continuously until thick, and cool and spread between layers. Excellent.

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CUP CAKE

Mrs. S. P. Hamilton, Media, Pa.

2 cups flour
1½ cups sugar
Butter size of an egg
Flavoring
2 eggs
1 cup milk
2 teaspoons baking powder

Cream butter and sugar. Sift baking powder with flour. Beat all together.

LAYER CAKE, NO. 1

Mrs. Hiorth

3 cups flour
1 cup milk or water
3 eggs
Flavoring
½ cup butter
2 cups sugar
2 teaspoons baking powder

CREAM CAKE

Mrs. Robert Marsden

2 cups sugar
3 ounces butter
4 eggs
Flavoring
1 cup milk
2 cups flour
2 teaspoons baking powder

Cream butter and sugar; then add beaten eggs and mix thoroughly; add milk, flour and baking powder. This makes two cakes two layers each.

Cream filling

Mix 1 cup milk, ½ cup sugar, 1 egg, flavor with vanilla and thicken with cornstarch.

Icing

Boil 1 cup sugar and ½ cup water until it spins a thread. Beat the white of 1 egg stiff. Pour boiling syrup into egg and beat until stiff.

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1, 2, 3, 4 CAKE

Mrs. S. Thompson

1 cup milk
1 cup butter
1 teaspoon cream tartar
½ teaspoon soda
2 cups sugar
3 cups flour
4 eggs

POOR MAN'S CAKE

Miss Mary Snow, Bridgeton, N J.

3 eggs
3 teaspoons water
1 cup sugar
1 cup flour
2 teaspoons vinegar
1 teaspoon baking powder
1 teaspoon vanilla

ONE EGG LUNCH CAKE

Mrs. E. T. Switzer, Eddystone, Pa.

1 tablespoon butter
1 scant cup sugar
1 egg
1 teaspoon baking powder
1½ cups flour
¾ cup milk (scant)
¾ cup currants.

Cream butter and sugar, add beaten egg, then flour, milk, and baking powder. Beat well and add currants. Bake in loaf pan lined with greased paper.

A VERY CHEAP CAKE

Mrs. Cora Kehres, Williamsport, Pa.

1 cup sugar
1 small cup lard
1 cup water
2 cups flour
1 cup raisins
1 teaspoon cinnamon
1 teaspoon soda
2 teaspoons cream tarter
¼ teaspoon salt

Let raisins, cinnamon and water cook together, while you cream, sugar and lard, then stir together, and add flour. Beat a few minutes, then put in soda and cream tartar, mixed with a little flour. Bake in a loaf, about thirty-five minutes, in a moderate oven.

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SPANISH BUN

Mrs. Anna Black

2 cups A sugar
½ cup butter
4 eggs
2 teaspoons baking powder
¾ lb. currants
2½ cups flour
1 cup milk
1 teaspoon vanilla

Beat the butter to a cream, add the sugar gradually, beating all the while, then add the beaten yolks, then the milk and flour alternately, then the baking powder and vanilla, and lastly the whipped whites of the eggs. Bake in a moderate oven.

KUCKEN

Mrs. J. H. Rowe

2 eggs
1½ cups sugar
1½ cups milk
2 tablespoons butter
3½ cups flour
3 teaspoons baking powder

Cover the top with the following:

1 teaspoon cinnamon
2 tablespoons sugar
1 tablespoon flour (heaping)
Butter size of an egg

Rub all together and sprinkle thickly on top before putting in oven. Bake about 45 minutes in a moderate oven.

ONE EGG OR TEA CAKE

Mrs. F. Otis Bryant

1 cup sugar
1 cup sweet milk
2 cups flour (full)
½ teaspoon grated nutmeg
1 egg
1½ teaspoon baking powder
3 tablespoons butter

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CINNAMON CAKE

Mrs. Mary M. Harley

1 cup sugar
1 tablespoon lard or butter
1 cup milk or water
1 full teaspoon baking powder
Flour for a stiff batter

Smear top with sugar and cinnamon, spread small lumps of butter on top. Bake in a moderate oven 20 to 30 minutes.

DUTCH CAKE

Mrs. George Stewart

2 cups sugar
2 cups sweet milk
3 eggs
4 teaspoons baking powder
1 teaspoon lard
1 teaspoon butter
3½ cups flour

Sprinkle with sugar and cinnamon.

SPONGE CAKE

Mrs. R. A. Battin

6 eggs
1½ cups sugar
1½ cups flour
1 lemon

Beat the whites of the eggs until stiff then add the sugar and juice grated rind of lemon, then beat the yolks and add to the whites and stir in the flour. Bake in moderate oven.

PEACH CAKE.

Mrs. Robert Campbell, Eddystone, Pa.

½ doz. peaches
½ cup sugar
2 eggs
1 tablespoon butter
2 cups flour
1 cup milk
1 teaspoon baking powder

Separate the eggs, beat yolks with sugar and butter, add milk, flour and baking powder. Beat to smooth batter and pour in baking pan. Pare peaches and slice on top of batter, sprinkle with sugar, and cover with a meringue made from whites of eggs. Bake in moderate oven for 20 minutes.

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GERMAN APPLE CAKE

Mrs. F. Otis Bryant

1 egg
1 cup sweet milk
1 tablespoon melted butter
2 teaspoons baking powder
2 cups flour
Pinch of salt

Beat eggs without separating, add other ingredients and stir well, then pour into shallow pans. Press into the batter quartered apples, dust thick with brown sugar and nutmeg or cinnamon. Bake until apples are tender. Serve with cream.

ORANGE SPONGE

Mrs. Wm. M. MacIntyre

1½ cups sugar
5 eggs
2 cups flour
1 orange
2 teaspoons baking powder

Grate the rind of orange and take the whites of eggs for icing, beat sugar and yolks of eggs 15 minutes, squeeze juice from orange and fill cup with cold water. Put this in with eggs and sugar, then the flour and baking powder. Bake in layers.

SPONGE CAKE.

Mrs. John Hanna

5 eggs
1 cup sugar
1 lemon (juice and rind)
1 cup flour

Beat the egg yolks and sugar together until it bubbles then add beaten whites, flavoring and flour. Bake in a moderate oven forty minutes.

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SPONGE CAKE

Mrs. C. Jefferis, Trainor, Pa.

1½ cups sugar
6 eggs
1½ cups flour
Juice of 1 lemon or less
1 tablespoon melted butter

Beat the sugar and eggs together 20 minutes, then add flour, flavoring and melted butter.

HOT MILK SPONGE CAKE

Mrs. Emilie Brown, Lansdowne, Pa.

4 eggs, beaten together
1¾ cups sugar (beat again)
2 cups flour
1 teaspoon baking powder
1 cup hot milk

SPONGE CAKE

Mrs. Alice A. Miller

4 eggs
2 cups sugar
2 cups flour
2 teaspoons baking powder
1 cup boiling milk

Beat whites and yolks of eggs separately.

C. B. Bonsall Geo. F. Shaw

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CREAM SPONGE CAKE

Miss Helen Fahnestock.

2 eggs
1 cup flour
A little water
1 teaspoon baking powder

Cream Filling

1 egg
½ cupful milk
1 tablespoon cornstarch
Flavor with vanilla and sugar

HOT MILK SPONGE CAKE

Mrs. F. Otis Bryant

4 eggs
2 cups sugar
2 cups flour
2 teaspoons baking powder
1 cup boiling hot milk

Mix the baking powder into flour. Beat the eggs and sugar 20 minutes. Add milk last before putting into pans.

EGG SPONG ECAKE

Mrs. Wm. Darrell

2 cup sugar
2 cups flour
6 eggs
1 tablespoon mild vinegar
1 teaspoon baking powder

Sift sugar and flour together, then add other ingredients and beat 40 minutes. This is a tried recipe and is excellent if carried out.

LEMON SPONGE CAKE

Mrs. Nathan Larkin

6 eggs
The weight of the eggs in sugar
Half their weight in flour
½ lemon
1 level teaspoon Royal Baking powder

Beat the yolks very light, stir in the sugar, then the juice and grated rind of the half lemon, then the flour sifted with the baking powder. Lastly, stir in the well beaten whites. Bake in a quick oven.

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Fillings and Icings

BOILED ICING

Mrs. George Grubb

1 cup granulated sugar
½ cup water
Pinch of cream tarter
1 egg (white)
4 drops No-Al vanilla

Let sugar, water and cream tartar boil until it spins a thread. Pour this syrup slowly on the stiffly beaten egg white, and beat briskly until it begins to harden. If it should get too hard, add a little hot water.

FIG FILLING

Mrs. Taylor W. Smith

½ lb. figs
½ lb. sugar
½ cup water
1 teaspoon vanilla

ORANGE FILLING

Mrs. Ida Young

2 oranges (juice and grated rind)
2 tablespoons cold water
2 cups sugar
2 egg yolks and
1 white of egg

Place the oranges one-half water and the sugar in a saucepan, beat the yolks with the other tablespoon of water, and stir in the mixture in the pan; cook one minute and stir in the beaten white of one of the eggs. Do not use until it has become cold.

FUDGE ICING

Mrs. J. W. Brotherston

2 cups brown sugar
2-3 cup milk
1 tablespoon butter

Boil, beat, cool and flavor.

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CARAMEL ICING

Mrs. Mary E. Baldwin

3 eggs (whites)
2 cups sugar
½ cake melted chocolate
Vanilla

Beat the egg whites very stiff. Boil the sugar until it hairs. Pour very slowly over the egg whites, beating them quite fast. Add the chocolate and vanilla. Stir until it cools and spread on cake.

BUTTER ICING

Mrs. Anna Hughes

2 cups XXXX sugar
Butter size of walnut
1 egg
1 teaspoon vanilla

Cream butter and sugar together and beat in egg.

CHOCOLATE ICING

Mrs. Wm. M. Powell

1 cup sugar
4 tablespoons water
White of 1 egg
1 square of chocolate

Mix sugar and water, and let boil until it strings, add melted chocolate, then stir the whole into the well beaten white of egg.

COFFEE ICING

Mrs. J. C. VanPelt

½ cup confectioners sugar
2 tablespoons cocoa
Vanilla flavoring
2 tablespoons cold coffee
Butter size of an egg

Mix sugar, cocoa and butter, then add coffee and vanilla.

ICE CREAM ICING

Mrs. William Sweeney

½ lb. XXXX sugar
Butter size of walnut
1 teaspoon vanilla
Cream

Beat sugar and butter together and add cream to make a smooth paste.

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FONDANT ICING.

Mrs. George Grubb

2 cups granulated sugar ¼ spoon cream tartar
1 cup water

Mix all together and boil without stirring until it ropes when dropped from fork. Pour on a large dish, let stand until blood heat, (or until you can bear the heat of the dish comfortably when set on the hand), then beat until thick enough to form into a soft dough. Knead until smooth and creamy. Put in a covered jar. Keep in a cool place. When ready to use, heat in a double boiler until soft enough to spread, add 3 drops No-Al vanilla and put on cake. This fondant will keep 2 or 3 weeks.

CHOCOLATE ICING

Mrs. James Ewing

Cut fine a ten-cent piece of bitter chocolate and mix with milk to form a paste. Sweeten to taste.

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Gingerbreads and Small Cakes

SOFT GINGER BREAD

Mrs. W. C. Hogg, Williamsport, Pa.

1 cup New Orleans molasses
1 cup brown sugar
1 cup butter
3 eggs (separate and beat)
1 teaspoon soda dissolved in a little vinegar
3 cups flour (measure before sifting)
1 teaspoon ginger
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice

When all ingredients are well beaten, add a cupful of boiling water.

SOFT GINGER CAKE

Mrs. E. W. Platt

½ cup butter (or lard and butter mixed)
½ cup granulated sugar
2 eggs (without separating)
½ cup molasses
1 level teaspoon soda
2 cups flour
1 rounding teaspoon ginger
1 rounding teaspoon cinnamon
3-8 cup sour milk

Cream butter and sugar, add other ingredients except soda, which dissolve in boiling water and add last.

SOFT GINGER BREAD

Mrs. Morris Plumley

1 cup N. O. molasses
1 cup butter and lard mixed
1 cup sugar
2½ cups flour
2 eggs
1 cup sweet milk
1 teaspoon ginger
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon soda

Dissolve soda in a little boiling water and add last.

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SOFT GINGER BREAD

Mrs. Garfield Wisler, West Park Church, Philadelphia, Pa.

1 scant cup sugar
2 eggs
½ cup lard
½ cup N. O. molasses
½ cup sour milk
½ teaspoon salt
½ teaspoon cloves (ground)
½ teaspoon ginger
½ teaspoon cinnamon
¾ teaspoon soda

Mix with a little hot water and enough flour to make a moderately stiff batter. Bake in a moderate oven.

SPICED GINGER BREAD

Miss Nettie Rhodes

1 cup sour milk
1 cup molasses
1 cup sugar
Butter size of an egg
1 teaspoon soda dissolved in the milk
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
1 cup raisins
From 3 to 4 cups flour

Cream butter and sugar, add molosses, then the milk and soda, then spices. Mix with part of flour, then add the remainder with the raisins sprinkled on top and well stirred in. The batter should be rather stiff.

GINGER LOAF

Miss Hannah Green

1½ cups N. O. molasses
1 cup sweet milk
4 tablespoons lard
1 tablespoon ginger
1 tablespoon cloves
1 tablespoon cinnamon
1 tablespoon baking soda

Add enough flour to make cake paste.

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SPICED GINGER BREAD

Mrs. H. A. Newton

1 cup sugar
1 cup molasses
1 cup hot water
1 teaspoon baking soda (Bab-bit's preferred)
2 tablespoons butter
1 tablespoon ginger
¼ teaspoon cloves
¼ teaspoon allspice

Add enough flour to make a batter, but not too stiff.

HERMITS

Mrs. S. G. Comfort

2 eggs
1 cup white sugar
½ cup brown sugar
2-3 cup butter
3 tablespoons milk
1 teaspoon soda
1 cup seeded, chopped raisins
1 teaspoon of each kind of spice
3 cups flour

Mix well and drop on buttered tins.

ROCKS

Miss Annie E. DeLannoy

1½ cups brown sugar
1 teaspoon cinnamon
1 pinch salt
1 teaspoon soda
1 cup chopped nuts
1½ tablespoons hot water
2½ cups flour
1½ cups raisins
1½ cups currants

Drop in lumps on greased and floured tins.

ROCKS

Mrs. W. C. Hogg, Williamsport, Pa.

1 lb. English walnuts
1 lb. seedless raisins
1 cup sugar
2-3 cup butter
1½ cups flour
2 eggs
1 teaspoon cinamon
1 teaspoon cloves
1 teaspoon soda

Dissolve soda in hot water. Thoroughly mix all these ingredients, then drop by spoon in greased pans.

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SAND TARTS

Mrs. Nathan Larkin

1 cup butter
2 cups brown sugar
1 whole egg
Yolks of 2 eggs
Whites of 2 eggs
Flour enough to make a soft dough

Cream butter and sugar, and add the eggs (except the 2 whites), and enough flour to make a soft dough, and roll out very thin. Beat the 2 egg whites very light, and with a small brush wash over the rolled out dough. Mix sugar and cinnamon together and shake over the tarts. Cut in any shape and bake. These are fine.

OAT MEAL CAKES

Mrs. Richard Miller

1 lb. oatmeal
1 teaspoon salt (level)
1 teaspoon baking powder

Mix in bowl, moisten with boiling water, stirring all the time; take out of bowl by spoonfuls and allow to soak on board for fifteen minutes.

Roll out into any form as thin as possible. Have griddle hot and bake cakes. After they are baked place in oven to dry. Keep in a tin caddie in a dry place. We always use a soapstone griddle.

SAND TARTS

Miss Helen Fahnestock

1 lb. sugar
10 ounces butter
2 eggs
1 lb. flour

Roll out very thin and cut with cutter, sprinkle with granulated sugar and cinnamon, and put an almond or two, blanched, on top of each.

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CRY BABIES

Mrs. Elizabeth W. Johnson

1 cup butter
1½ cups sugar
1 cup molasses
5 cups flour
1½ cups boiling water
1½ tablespoons soda
1½ tablespoons cinnamon
1½ teaspoons grated nutmeg
1 egg

MARGUERITES

Miss Elizabeth Plumley

2 egg whites, beaten very light
1 cup ground nuts

Mix eggs with pulverized sugar, add the nuts and spread on salteens or Uneeda biscuit and brown in oven a few minutes.

PEANUT COOKIES

Mrs. Mabel Safford, Edwardsville, Ill.

¼ cup butter
½ cup sugar
1 cup flour
¾ cup peanuts (pounded fine)
2 tablespoons milk
2 teaspoons baking powder (level)
¼ teaspoon salt
1 egg

Beat the butter to a cream, add sugar, egg, milk and the flour sifted with baking powder, add salt and lastly the nuts.

Drop by the teaspoon upon a buttered tin; put half a nut meat on each. Bake in moderate oven.

JUMBLES

Mrs. Annie M. Cooper.

2 cups sugar
1 cup butter
1 cup cream
4 eggs
½ teaspoon soda

Mix with flour to form a soft dough.

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CHESS CAKES

Mrs. Grace W. Tinker, Pierce City, Mo.

18 little cases of pie dough, or puff paste
1 lb. sugar
2-3 pint water
1½ cups grated cocoanut
¼ lb. butter
Yolks of 7 eggs
A little lemon and vanilla extract

Bake the little cases in gem pans until almost done, but not brown, take from oven and fill with the following:

Boil the sugar and water together 15 minutes, then while still on the stove, stir in the cocoanut. Let cook about 15 minutes more, but keep stirring. Take from the fire and while still warm stir in the butter and add the well beaten egg yolks, and the flavoring. Fill the paste shells and bake until waxy all through (generally about 20 minutes). Then make a meringue of 3 egg whites and 3 tablespoons sugar, put on top of each and brown slightly in oven.

JELLY JUMBLES

Mrs. Geo. Grubb

½ cup butter
1 cup sugar
1 egg
1-3 cup milk
1½ cups flour
1 teaspoon Rumford baking powder
¼ teaspoon salt
About ½ cup jelly

Beat the butter and sugar to a cream, add the egg well beaten, then the flour, salt and baking powder sifted together. Last of all add the milk, using only just enough to form a dough. Roll out thinly on a floured board, and cut into rounds; spread half these with jelly, and cover with the remaining rounds, having a small piece cut out of the upper ones. Press the edges slightly together and bake quickly on greased pans.

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JUMBLES

Mrs. Margaret C. Black

6 ounces butter
6 onces sugar
12 ounces flour
2 eggs
1 teaspoon baking powder

Flavor with vanilla and roll thin.

JUMBLES

Mrs. Nathan Larkin

4 eggs
2 cups sugar
1 cup butter
1 teaspoon Royal baking powder

Flour to make a soft dough, roll thin and sprinkle sugar over the rolled out dough. Cut out and bake in a moderate oven.

SPRINGERLE

Mrs. S. Kawarik

6 eggs
1 lb. flour
1 lb. sugar

Beat the eggs and sugar together for 2 hours, then put in flour. Make them in the evening and bake them in the morning. Press them in moulds.

MY MOTHER'S SPICE CAKES

Mrs. F. Otis Bryant

3 cups flour
1 cup sugar(granulated or brown)
1 cup lard
1 cup N. O. molasses
1 cup sour cream (butter milk or thick milk)
2 eggs, well beaten
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
2 teaspoons ginger
¼ teaspoon allspice
¼ teaspoon cloves
1 teaspoon baking powder

Mix thoroughly and set on stove until lukewarm before adding cream. Dissolve soda in a little hot water; add eggs and flour.

Bake in muffin tins, or are very nice if dropped.

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GINGER SNAPS

Mrs. John Williamson

1½ cups molasses
2-3 cup sugar
½ cup lard
1 tablespoon ginger
2 teaspoons vinegar
½ teaspoon black pepper
½ teaspoon cinnamon
2 teaspoons baking powder
½ cup hot water

Mix with flour enough to make not very stiff dough, and roll thin.

ZIMTSTERN

Mrs. S. Kawarik

6 egg whites
½ lb. almonds, cut fine
2 tablespoons cinnamon

Beat eggs well; add almonds and cinnamon; sprinkle flour and sugar on bread board; roll out and cut in stars.

GINGER SNAPS

Mrs. Mary E. Williams

1 pint molasses
1 cup sugar
1 cup butter
1 teaspoon ginger
1 teaspoon cloves
1 teaspoon soda

Put all over the fire, let come to a boil. Use a large vessel or it will foam over. When nearly cool, add flour enough to make a dough. Roll out and cut in small cakes.

NEW YORK GINGER BREAD

Mrs. Mary Free

2 cups N. O. Molasses
1 cup sugar
1 cup lard or butter
1 cup hot water
1 egg
1 tablespoon ginger
1 tablespoon soda in molasses

Mix into a dough with flour, and roll.

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SUGAR COOKIES

Mrs. Mabel F. Safford, Edwardsville, Ill.

2 cups sugar
1 cup butter and lard
2 eggs
1 cup milk
A little salt
1 teaspoon soda if milk is sour
2 teaspoons baking powder if milk is sweet
1 teaspoon vanilla
About 1 quart flour

Bake in a quick oven.

COCOANUT COOKIES

Mrs. Wm. Darrell

1 cup sugar
½ cup butter
3 cups flour
1½ teaspoons baking podwer
1 egg
2 tablespoons milk
1 cup grated cocoanut
Pinch of salt

Cream butter and sugar; add beaten eggs, salt and milk. Sift baking powder with flour, stir in, add the cocoanut. Dough must be very stiff and will probably need more flour. Roll 1-8 inch thick on floured board, cut in small cakes and bake 10 to 15 minutes in moderately quick oven.

BISHOPSTEADS

Miss Hannah Green

1 cup molasses
1 cup brown sugar
½ cup butter
2½ cups sifted flour
1 cup boiling water
2 eggs
1 teaspoon ginger
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon baking soda

GINGER SNAPS

Mrs. Richard Miller

3 ounces butter
1 cup sugar (small)
½ cup N. O. molasses (large)
1 tablespoon ginger
1 level teaspoon baking soda
1 lb. flour

Melt the molasses and butter together before mixing, roll out very thin and cut in any shape desired.

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GINGER DROPS

Mrs. Annie Stewart

1 cup sugar (light brown)
2-3 cup butter
½ cup cold water
1 egg
2-3 cup molasses
1 large tablespoon ginger
1 teaspoon soda

Add flour to make a thick batter, drop teaspoonfuls on a well greased pan, bake in a moderate oven. These are very nice if properly made.

MOTHER BRYANT'S NUT COOKIES

Mrs. F. Otis Bryant

2 cups sugar
½ cup butter
2 eggs
1 cup ground nuts
1 cup sour milk
1 teaspoon soda
2 teaspoons cream tartar

Bake in cookie pans. Do not roll.

CRULLERS

Mrs. C. Grant Hopper, West Park Church, Philadelphia, Pa

1 pint buttermilk
4 eggs
3 heaping cups sugar
1 tablespoon butter
1 grated nutmeg
2 teaspoons soda

Flour enough to roll. When fried roll in pulverized sugar and cinnamon.

CRULLERS

Mrs. A. H. Leeder

¼ cup butter
1 cup sugar
1 cup milk
2 eggs
¼ teaspoon nutmeg
3 teaspoons baking powder
4 cups flour

Cook in deep fat, and sprinkle with sugar while hot.

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MOLASSES DROP CAKES

Miss Helen Fahnestock

2 cups molasses
1 cup butter and lard mixed
1 egg
½ cup hot water
1 tablespoon soda
1 tablespoon ginger
1 teaspoon ground cloves
1 teaspoon ground cinnamon
5 cups flour
Lump of alum size of a pea

Make a siff batter that you can scrape with a knife in little piles in the baking pan. Dissolve the alum in hot water with soda. Sprinkle each one with granulated sugar as pan goes to the oven.

OAT MEAL FRUIT COOKIES.

Mrs. Mabel F. Safford, Edwardsville, Ill.

2 eggs
1 cup sugar
½ cup lard
½ cup butter
1½ cup raw oatmeal
2 or more cups flour
¼ teaspoon soda in the milk
½ nutmeg
1 cup seedless raisins
½ cup walnut meats
1 teaspoon cinnamon
2 tablespoons sweet milk

Do not roll, but drop from spoon on a greased tin.

DOUGHNUTS

Mrs. Myrtle S. Moltz, Greenville, Ohio

3 pints flour
1 heaping teaspoon baking powder
A little salt
3 rounding tablespoons mashed potatoes.
1 teaspoon vanilla
2 cups sugar
4 teaspoons melted butter
3 well-beaten eggs
1 cup sour milk
1 level teaspoon soda

Sift baking powder with flour. Beat soda into sour milk. Roll out half-inch thick. Cut as desired, and fry in hot lard.

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DOUGHNUTS

Mrs. Jane E. Fahnestock

1 cup white sugar
3 eggs
Shortening size of an egg
1 cup milk
1 teaspoon baking powder

Flour enough to make a soft dough. When cold roll in pulverized sugar and cinnamon.

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CHAPTER XI

Ices, Sherbets and Frozen Desserts

"Then farewell heat and welcome frost."—*Shakespeare.*

PEACH ICE CREAM

Mrs. Wm. M. Powell

1 quart cream
¾ lb. sugar
1 quart of mellow peaches, or
1 pint can.

Put half the cream on to boil in a farina boiler; when hot, add the sugar and stir until dissolved. Take from fire, add the remaining half of the cream, and when cold, freeze. Pare and mash the peaches, and stir them quickly into the frozen cream; turn the crank rapidly for five minutes, then remove dasher and pack.

CARAMEL ICE CREAM

Mrs. A. D. Yocum

1½ lbs. sugar (granulated)
1 quart milk
1 quart cream
1 tablespoon vanilla

Put half-pound of the sugar in an iron skillet. Stir over fire constantly until sugar melts, turns brown and smokes. Pour the burnt sugar into the milk, which has been brought to a boil. When cool add the cream, vanilla and the remaining sugar, mix well and freeze. Must be rather sweet, as some of the sweetness is lost in freezing.

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CHOCOLATE ICE CREAM

Mrs. Nathan Larkin

1 quart cream
2 cups sugar
1 tablespoon vanilla
1½ squares chocolate

Melt chocolate in enough hot water to pour easily, add the cream, sugar and vanilla and freeze.

MAPLE ICE CREAM

Mrs. J. F. Stillwell, Edwardsville, Ill.

1 small cup maple syrup
Yolks of 6 eggs
1 pint cream
Whites of 6 eggs

Heat the syrup in double boiler; beat the egg yolks well, and add to hot syrup; cook 3 minutes; remove from fire, and stir until cold. Whip the cream and add, then beat the egg whites, add, and freeze.

FROZEN CUSTARD

Mrs. John B .Hannum

1 quart new milk
4 eggs
4 silver tablespoons granulated sugar
1 cup cold milk
1 tablespoon vanilla, or any flavoring preferred

Scald the quart of milk in double boiler. In a large bowl beat the eggs, sugar and cold milk, stir thoroughly, pour on this the scalded milk. Put back in boiler and let thicken until consistency of rich cream. When cool add the flavoring. If you require more, pour in a pint of rich cold cream, sweetened to taste just before putting in freezer. Proceed as with ice cream.

CRANBERRY SHERBET

Mrs. Malcolm J. McLeod, New York City

1 pint cranberries
1 cup sugar
1 tablespoon gelatine

Stew and strain the cranberries, add the sugar, and gelatine dissolved in hot water. Freeze like any other ice.

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PINEAPPLE SHERBET

Mrs. Nathan Larkin

2 large pineapples, or 1 qt. can
1½ or 1¼ lbs. sugar
1 tablespoon powdered sugar
1 quart water
1 egg white

Pare pineapples, cut and remove cores or the pineapple may be grated around them. Boil sugar and water together five minutes. Take from fire and add pineapple and lemon juice—strain and freeze. Beat white of egg to froth, add powdered sugar and beat until stiff, remove dasher, stir in meringue, repack and stand aside until wanted.

STRAWBERRY SHERBET

Mrs. Frank Cross

1 pint crushed cranberries
1 pint water
1 pint sugar
2 lemons (juice)

Freeze. Any kind of fruit may be substituted for strawberries.

LEMON SHERBET

Mrs. E. L. Hall

2 pounds sugar
4 quarts water
Juice of 8 lemons

Strain carefully and freeze. A can of finely chopped pineapple may be added if desired.

PEACH SHERBET

Mrs. Walter Chew

1 quart ripe fruit (mashed), or
1 can peaches drained
1¼ quarts water
1¼ pounds sugar
2 egg whites (whipped)

Use more sugar if desired, and freeze as ice cream.

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GRAPE SHERBET

Mrs. John D. Manley, St. Louis, Mo.

1 quart grape juice
2 cups orange juice
2 teaspoons powdered sugar
1 cup sugar
1 white of egg

Sweeten the grape juice to taste; add the sugar to orange juice until sugar is dissolved, then add the grape juice, turn into freezer and freeze. When nearly frozen, remove dasher and beat in with a spoon the white of egg beaten light, and mixed with the powdered sugar. Beat well, pack and stand away to ripen.

MILK SHERBET

Mrs. Sarah R. Springer, Edwardsville, Ill.

1 quart new milk
2 cups sugar
1 gill cream
2 lemons
1 orange

Strain juice of fruit on the sugar and freeze immediately.

GREEN GAGE SHERBET

Mrs. Grace W. Tinker, Pierce City, Mo.

1 quart plums
1 cup sugar
1 teaspoon vanilla
1 cup water
3 small lemons (juice), or
2 lemons, if large
1 lemon rind (grated)
3 egg whites (whipped)

Press plums through colander. Place all the ingredients in freezer and turn until quite stiff; then pack for an hour or two.

MOUSSE

Mrs. J. F. Stillwell, Edwardsville, Ill.

½ pint cream (whipped)
1 teaspoon extract almond
½ teaspoon vanilla
½ teaspoon pineapple flavoring
½ cup sugar
½ cup chopped nuts

Freeze.

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JELLIED ORANGES

Mrs. John B. Hannum

½ box genatine
10 oranges
2 small cups sugar
1 lemon (juice)
1 pint boiling water

Dissolve the gelatine, cut a round piece from top of each orange large enough to admit a spoon, remove the pulp, take care you don't break the peel, keep the shells in very cold water until you need them.

Mince the pulp, taking out seeds; add the sugar to the gelantine, lemon juice and boiling water; when dissolved pour over the orange juice and pulp. When cool pour in the shells, then put in a flat pan and pack ice about them.

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CHAPTER XII

CONFECTIONERY

"Have you ever heard of the sugar-plum tree?
'Tis a marvel of great renown."—*Eugene Field*

GENERAL DIRECTIONS

Mrs. G. S. Grubb

Granulated sugar is prefarable for fondant. Candy should not be stirred while boiling. Cream of tartar should not be added until syrup begins to boil. Butter should be put in when candy is almost done. Always add flavors at the last. No-Al vanilla and wintergreen flavoring are fine.

CREAM FONDANT

2 cups sugar ½ cup cold water

Put over fire, and when it starts to boil add a pinch of cream of tartar. Boil without stirring until it will spin a thread, then pour on a platter which has been plunged in cold water (do not dry.) If making peppermint candy, drop 2 drops of oil of peppermint on wet platter before pouring fondant on it.

Let stand until blood heat (about five minutes), stir briskly until white and creamy, then knead and work with the hands for several minutes. Roll in strips between the hands until shaped as desired; then cut in pieces. Color to suit taste with candy colorings.

If chopped nut meats are to be mixed with fondant, put them in while beating, when the candy begins to get creamy.

For English walnuts or filled dates, break off small pieces of the finished fondant and mould. If not ready to use fondant at once, it can be set aside in a bowl, covered with a damp cloth, and used when needed. Work in the hands, and the heat of the hands will soften it, so that it can be

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moulded, or it may be placed in a double boiler and steamed until it may be dropped on oiled paper to form wafers. For cream chocolates, shape fondant into pyramids and set aside to dry, while chocolate is being prepared. Put chocolate in double boiler, and when melted, handle the drops with a hat-pin (reserved for cooking) dipping quickly into chocolate, and placing on oiled paper.

RUSSIAN TOFFEE

Mrs. Richard Miller

Mrs. Sarah Mills, England

1 can condensed milk
3 ounces butter
½ lb. granulated sugar
1 tablespoon of syrup

Melt butter, sugar and syrup together, then pour in milk and boil twenty minutes. Never stop stirring all the time. When finished pour in one teaspoonful flavoring, essence of lemon or whatever the maker likes. This candy should scorch, but not burn. Fine flavored with vanilla.

FUDGE

Mrs. A. L. Lathem

4 cups brown sugar
1 cup white sugar
1 cup cream
1 teaspoon vanilla
1 tablespoon vinegar

Cook until it forms a lump, remove from stove and whip till it begins to slightly harden; add vanilla, vinegar and some English walnuts cut in very small pieces. Pour in buttered square pans, and before it hardens cut in squares.

DELICIOUS FUDGE.

Miss Margaret P. Bullock, Girard College, Philadelphia

1½ lbs. sugar (confectioners' preferred)
½ cake Baker's chocolate
¼ lb. butter
1 cup milk
1 tablespoon vanilla

Mix all ingredients except vanilla together, boil ten minutes. Add valinna and beat five minutes. Pour out to cool, when hard enough cut in squares. Nuts may be added if desired.

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CHOCOLATE CARAMELS

Mrs. Ella Stroud

3 cups granulater sugar
1 cup molasses
1 cup cream
1 teaspoon vanilla
¼ lb. grated chocolate
¼ cp butter
¼ cup vinegar

Boil sugar, molasses and cream about six minutes. Add butter and chocolate. Stir the mixture occasionally by scraping from one side of the pan to the other, and not by stirring the spoon round and round. Let cook until rather thick, add vinegar and cook until a little of the mixture, when tried in cold water, may be shaped into a firm ball. Flavor and turn into a shallow pan, buttered thoroughly. Cut in squares when cool enough. Caramels should be ¼-inch thick.

PEANUT BRITTLE

Mrs. W. C. Bowman, Lemoyne, Pa.

2 cups sugar
1 cup rolled peanuts or shredded cocoanut.

Stir sugar over slow fire. It will lump, then gradually melt. When pale coffee color and clear, add peanuts, pour quickly on buttered tin sheet. Roll quickly as thin as possible; when cold break in pieces.

WALNUT CARAMELS

Mrs. G. W. Haggerty, Leymone, Pa.

1 qt. English walnuts
1 lb. powdered sugar

Chop walnuts fine. Place sugar on a shallow pan, and allow it to melt slowly on back of stove. Do not put on hot part of stove, or add water to start the melting of the sugar. Have ready a hot dish, buttered freely, and when the sugar has dissolved to a liquid consistency, sprinkle the nuts on the dish, and pour over them the melted sugar, spread over enough surface to make a thin candy.

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WALNUT CANDY.

Mrs. F. W. Griffith

1 pint N. O. molasses
1 cup granulated sugar
1 desert spoon soda
1 qt. walnut kernels

Boil the molasses and sugar together until brittle, add soda then walnuts. Spread thin on tins.

MOLASSES CANDY

Mrs. Fulton

2 qts. molasses (or syrup)
2 lbs. brown sugar
Butter size of small egg
1 cup vinegar
1 teaspoon soda

Boil Molasses, sugar, vinegar and butter together in a large pot until when dropped in a cup of cold water it congeals and does not stick to cup. Do not allow it to get too brittle. Dissolve soda in a little water and pour in quickly just as you remove pot from fire. Beat briskly, and pour into buttered tins. When cool enough to handle, pull until very light in color. This measure makes enough for a "candy pulling" of six or eight persons. I prefer the flavor of the candy when made with table syrup.

COCOANUT CANDY

Mrs. G. S. Grubb

1½ lbs. granulated sugar
Milk of the nut

Take one large cocoanut and in breaking it open save every bit of milk. Put sugar in a pan with the milk of nut and heat slowly together until the sugar is melted, and then let simmer for about five minutes. Grate the fresh cocoanut and add it slowly. Boil for ten minutes after the cocoanut is all in and stir constantly to keep it from sticking. Pour out on buttered plates and cut into squares. This should be set in cool place and left for forty-eight hours, as it takes about that time to harden.

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PINUTCHI

Mrs. A. D. Yocum

3 cups sugar (light brown)
1 cup milk
1 teaspoon butter
1 teaspoon vanilla
1 cup walnuts

Boil until syrup will get gummy in cold water, remove from fire, beat until almost ready to pour, then add quickly the chopped walnuts. Pour on buttered pans and cut in blocks. Pecans or black walnuts may be substituted if desired.

MEXICAN KISSES

Mrs. T. W. Smith

1½ lbs. brown sugar
1 tablespoon butter
1 teaspoon vanilla
1 drop cinnamon extract
1 lb. shelled walnuts

Put sugar and milk over fire and bring to the boiling point, add butter and boil slowly but steadily until a little dropped in cold water can be rolled between the thumb and fingers. Take from fire and stir for three minutes. Add vanilla, cinnamon and nuts. Continue to stir and beat until thick, drop by spoonfuls on waxed paper.

TAFFY

Miss Margaret V. Culbertson, West Hope Presbyterian Church, Philadelphia

2 cups sugar
¾ cup molasses
½ cup water
4 ounces butter

Stir often to keep from burning. Boil until it will harden when dropped into cold water.

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DIVINITY FUDGE

Miss Margaret P. Bullock, Girard College, Philadelphia.

2½ cups granulated sugar
½ cup Karo Corn syrup
½ cup water
2 egg whites (whipped)
1 teaspoon vanilla
1-8 lb. chopped nuts

Quarter pound shelled pecans will make enough for two measures. Cook sugar, water and syrup until it is firm when dropped in cold water. Then pour into the beaten eggs, beat until it begins to harden, then stir in nuts and vanilla. While cooking the syrup, notice just when it begins to thread from the spoon, and take out about three spoonfuls and beat into the egg whites, before you pour in the whole of the syrup.

SALTED ALMONDS AND PEANUTS

Miss Margaret P. Bullock, Girard College, Philadelphia

1 cupful nuts
1 tablespoon butter
1 tablespoon salt

Measure the nuts after they are shelled and blanched. Stir the salt and butter thoroughly through the nuts and let them stand one hour, then drain. Spread them evenly in a pan and put in the oven for about 20 minutes, stirring occasionally until slightly browned.

SEA FOAM CANDY

Mrs. G. S. Grubb

2 cups white sugar
1 cup brown sugar
2 egg whites
½ cup water
Pinch cream tartar
1 cup chopped walnuts

Put sugar and water over fire, and add cream of tartar when it starts to boil. Let boil until it spins thick thread. Beat the egg whites stiff, add the boiling syrup, beat briskly. As it starts to thicken add one cup of chopped walnuts. When done this candy should be very creamy.

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MOLASSES POP CORN BALLS

Mrs. Irvin Covington, Norwood, Pa.

1 cup molasses
1 cup brown sugar
1 tablespoon vinegar
1 tablespoon butter

Boil all together. When a little dropped into cold water is brittle, it is ready for the pop corn to be added.

HICKORY NUT MACAROONS

Mrs. W. H. Hall, Edwardsville, Ill.

Take meats of hickory nuts, pound fine, and add ground spice and nutmeg. Make frosting as for cakes. Stir meats and spices in, putting in enough to make it convenient to handle. Flour the hands and make balls the size of nutmegs. Lay them on buttered tins, giving room to spread. Bake in quick oven.

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CHAPTER XIII

PRESERVES, Etc.

"Give us the luxuries of life and we will dispense with the necessaries."—*Motley*

SPICED FRUIT

Mrs. K. N. Hinkson

7 pounds fruit
3 pounds sugar
1 pint vinegar
1 ounce stick cinnamon
½ ounce whole cloves

Tie spices in a cloth. Cook until done.

SPICED GRAPES

Mrs. Annie E. Grubb

10 pounds grapes
7 pounds sugar
1 ounce allspice
1½ pints vinegar
1 ounce cloves
1½ ounces cinnmon

Remove skins from grapes, cook until seeds can be removed, strain through a coarse sieve, put back with skins; add the sugar, vinegar and spices (tied in a cloth). Boil one hour.

TOMATO PRESERVES

Miss Camelia R. Bullock, Mt. Holly, N. J.

6 lbs. tomatoes
3½ lbs. sugar
3 lemons

Pare tomatoes without scalding, squeeze all seeds and water out that you can before cooking until quite thick. It will take about 3 to 7 hours. Put in the thin yellow skin of the lemon, but not any of the white part. Slice lemon and add at first, so that it will cook tender. Cinnamon may be added if desired.

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GRAPE CONSERVE

Mrs. A. H. Leeder

6 lbs. Concord grapes
4 large oranges
1 lb. seeded raisins
5 lbs. sugar
1 cup English walnuts

Remove seeds by pulping, cooking and straining through colander. Add skins, raisins, sugar, and orange pulp, cut in small pieces. Cook 25 minutes, adding nuts at the last.

SWEET PICKLED DAMSONS

Mrs. A. M. D. Mullineaux

4 lbs. damsons
2¼ lbs. sugar
1 pint best white vinegar
½ ounce cinnamon
½ ounce cloves
½ ounce allspice

Boil vinegar, sugar and spices together 20 minutes, then add fruit and boil half-hour. Put in Mason jars.

PRESERVED DAMSONS

Mrs. Henry VanOsten, Llanerch, Pa.

1 lb. plums to
1 lb. sugar
1 cup water to
3 lbs. of the fruit

Put the water and sugar on and make a syrup, then add the fruit and cook gently until you can pierce the plums with a splint from broom. I prefer to airtight the tars.

QUINCE HONEY

Mrs. A. M. D. Mullineaux

5 lbs. granulated sugar
1¼ pints boiling water
10 large quinces (grated)

Boil sugar and water 10 minutes, then add the grated quinces. Boil 30 minutes and put in tumblers. This is excellent.

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SPICED PEACHES

Mrs. H. C. Duff

7 lbs. small peaches
3 lbs. sugar
1 pint vinegar
2 ounces whole allspice
2 ounces whole cloves
1 pint water

Put spices in bag and cook all together until peaches are soft. Take peaches out of syrup. Next morning cook syrup 15 minutes, then stand 24 hours. After which cook syrup another 15 minutes. The syrup is thus ripened by standing. After the second morning add the peaches and put in crock or jar. Do not seal.

STRAWBERRY PRESERVES (SUN COOKED)

Mrs. Grace W. Tinker, Pierce City, Mo.

Weigh berries after removing hulls, and take an equal weight of sugar. Do not add any water, but let stand on fire until the juice comes, then put on a hotter part of stove until sugar is thoroughly melted. Remove from fire and pour into plates and platters and set in hot sun. The plates will become hot enough that flies will not bother. When the sun gets low, take in the house and put out again the next day. Two days of good hot sun will evaporate enough water from them that they can be kept without sealing. They will be beautiful in color.

ILLINOIS JAM

Miss Jennie Safford, Nokomis, Ill.

1 basket Concord grapes
3 oranges
1 package seeded raisins
4 lbs. sugar (8 cups)

Chop or grind oranges, skins and all. Pulp grapes, cook the pulp and run through colander. Mix this with ground oranges, raisins and sugar. Cook all together 30 minutes.

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ORANGE AND LEMON MARMALADE

Miss Jane Lewis, Eddystone, Pa.

Take six oranges and three lemons and slice fine, take seeds out. To every pound of fruit add two pints of water; let stand 24 hours; then boil until the rind is tender. Let stand until next day, then add one pound sugar to every pound of fruit. Boil until the syrup jellies and the rind is transparent.

TO CAN FRUIT WITHOUT COOKING

Mrs. E. L. Hall, Downingtown, Pa.

Fill glass jars as full as possible with ripe fruit. Make a syrup, using ¾ cup of sugar to one cup of water. Pour this syrup while boiling over the fruit until jar is full and screw top on tight. Then place in wooden tub and cover the jars with boiling water, and then cover tub with several thicknesses of carpet or blanket, and let stand until perfectly cold. Take jars out and tighten tops and wipe dry. This is fine for raspberries, pears, peaches and cherries.

CANNED CORN

Mrs. J. A. Smith, Highland Park, Pa.

8 cups corn
1 cup sugar
1 cup water
½ cup fine salt

Put all together and let stand 3 hours to draw to pickle, then cook about half hour. Seal airtight. When ready to use rinse off several times, soak for 3 hours, then let come to a boil, pour off the water, put in boiling milk, little butter and a little sugar.

CANNED BEETS WITHOUT VINEGAR

Mrs. F. McKelvey

Cook beets until tender, peel and slice. While still hot, put in glass jars, pack close. When jar is full pour boiling water on and seal.

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CANNED CORN

Mrs. George Thomas

Mrs. McKelvey

9 cups corn
1 cup water
1 cup sugar
2-3 cup salt

Mix all together and boil fifteen minutes, then put in air tight jars. When wanted for use, wash in cold water and then cook, changing water twice to get out the salt.

CANNED STRING BEANS

Mrs. McKelvey

String and wash the beans, cook until about half done, then pack in crocks and cover with brine that will float an egg. When wanted for use, cook in clear water, changing twice to get out salt.

CANNED TOMATOES (WHOLE)

Miss M. E. Shaw

Take thick meated, good, solid tomatoes, scald and peel them. Put them in a pan and pour boiling water over them. Let stand on the stove till they are well scalded and the water comes to a boil. Have your cans warm; put the tomatoes in and seal securely.

PROPORTIONS OF FRUIT AND SUGAR

Amount of sugar given is about an average for canning, when a very rich preserve is not desired.

Sugar to a quart jar:—

Cherries	6 ounces	Grapes	6 ounces
Strawberries	6 ounces	Peaches	4 ounces
Raspberries	4 ounces	Pineapples	6 ounces
Blackberries	6 ounces	Crabapples	8 ounces
Quinces	8 ounces	Plums	4 ounces
Pears	4 ounces	Pieplant	10 ounces

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CHAPTER XIV

COOKERY FOR THE SICK

"A merry heart is a good medicine."—*The Wise Man*

ORANGE ALBUMEN

Mrs. Maud M. Amos, Graduate Nurse, St. Luke's Hospital, St. Louis, Mo.

1 orange
White of 1 egg
2 teaspoons sugar
1 cup cracked ice
Tiny bit of salt

Take the inside of the orange, after passing it over the reamer, white of egg, sugar, salt and ice. Shake thoroughly in a fruit jar, or milk shaker, and strain, if patient is very ill. If patient is allowed acids, half a lemon may be added. Prescribed by Dr. W. E. Fischel, Stomach Specialist, St. Louis, in treating typhoid.

The following was prescribed by Dr. Fischel as the first food to be given a patient after typhoid fever: One slice baker's bread, toasted evenly, then placed in the oven and baked; placed on the bread board and rolled into crumbs; placed in a cup, previously heated; over this break one egg, which has been boiled one minute; a bit of butter, with salt and pepper.

The following recipes were contributed by Miss Nellie V. Culbertson, Graduate Nurse, No. 42 North 40th Street, Philadelphia:

MUTTON BROTH

1 neck of lamb
2 qts. cold water
1 teaspoon salt
½ stalk of celery
½ onion

Boil 4 hours, then cool and skim fat. Add 1 tablespoon rice; boil until very soft, about 2 hours, and strain through a fine sieve. This makes about 1½ pints of broth.

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VEGETABLE BROTH

2 potatoes
1 carrot
1 turnip
1 onion
1 qt. water
Pot-herbs as preferred

Let all the articles named be of medium size. Wash, pare and slice the vegetables, add water and boil 1 hour, adding more boiling water from time to time to keep the original quantity good; add salt and pepper and pot-herbs. Strain or allow to settle.

MILK AND RICE GRUEL

3 tablespoons rice flour
1 quart boiling milk

If you cannot obtain rice flour, pulverize some rice very fine, and measure the 3 tablespoonfuls, wet smoothly with cold milk, and stir into the boiling milk; stir all the time it is boiling, 10 to 15 minutes, or until it tastes done. Nutmeg or vanilla is a very nice flavoring for rthis gruel, and a little sugar if desired.

KOUMISS

1 quart milk
1 tablespoon water
1 tablespoon sugar
½ yeast cake

Scald the milk. Boil sugar and water together, and add to scalded milk. Let it cool to temperature of new milk, then add the half yeast cake (dissolved in a little luke warm water). Bottle immediately; stand in a warm place 12 hours; then lay bottles on their sides for 12 hours longer (on ice). Fasten corks in bottles securely. This should not be served after it is 48 hours old.

H. E. PHILLIPS

Meats and Home-dressed Chickens

12th & Edgmont Ave. Bell 868

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CORNSTARCH CUSTARD
(for one person)

½ half cup milk
1 egg
1 teaspoon sugar
½ level teaspoon cornstarch

Scald the milk in double boiler. Beat the egg yolk and sugar together, add the cornstarch (dissolved in a little cold water or milk), then pour over this the hot milk. Put back in the double boiler and stir until slightly thickened, then add a few drops of vanilla. The whole egg may be used if so desired, or white may be beaten quite stiff, then dropped on custard and placed in oven until slightly browned.

BARLEY WATER

1 ounce pearl barley
1 quart cold water

Put barley and water in a sauce pan, bring slowly to a boil, cook for 2 hours. Strain and cool. Flavor with lemon juice and sweeten just before serving.

RICE WATER

3 ounces rice
1 ounce raisins
1 quart boiling water

Put rice and raisins in boiling water and boil gently for one hour. Season with salt or it may be sweetened. Strain and serve cold.

The remainder of this chapter is copied from the "Lincoln Cook Book," by permission of the Presbyterian ladies of Lincoln, Illinois, whose friendly courtesy we acknowledge and appreciate:

SOFT BOILED EGG
Mrs. J. L. Trinkhaus, Elkhart, (U. of M. Training School for Nurses)

Drop in boiling water and remove saucepan to side of range, where it will hold heat, but can not possibly boil. Cover closely and leave thus for seven or eight minutes, according to size of eggs.

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ALBUMENIZED GRAPE JUICE WITH MILK

1 egg white, beaten to a froth
1 tablespoon sugar
½ cup milk
4 tablespoons grape juice (unfermented)

Blend well and serve sold.

EGG POACHED IN CUP

Mrs. T. S. Davy

Put a small lump of butter in a cup. Break into it an egg and set it in a saucepan of boiling water. Cover and cook until white is well set. Season with salt and a little pepper and serve.

EGG IN THE NEST

Sister Freda of the Deaconess Hospital

Butter a slice of hot toast. Beat the white of an egg to a stiff froth, place it on the toast and into it drop the unbroken yolk. Season with salt and a bit of butter and set in the oven until brown. Salt whites of eggs slightly before beating.

EGG TOAST

Mrs. H. S. Oyler

Beat an egg, season with salt, pepper and butter, and pour over toasted bread. Set in steamer for 2 or 3 minutes.

CREAM TOAST

Mrs. J. A. Lindquist

Toast bread, heat 1 cup of milk, add half tablespoon of flour, smooth with water, add seasoning and lump of butter size of hickory nut. Pour this over buttered toast.

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HAMBURG STEAK

Graduate Nurse

Cut a piece of tender steak half an inch thick. Lay on a meat board and with a sharp knife scrape soft part until nothing is left but the tough fibres. Season this pulp with salt and pepper. Make into little flat, round cakes half an inch thick and broil for 2 minutes. These may be served on rounds of buttered toast.

DUCHESS POTATOES

Graduate Nurse

1 pint potatoes
1 teaspoon butter
½ teaspoon salt
1 egg
¼ teaspoon white pepper
2 tablespoons cream

Wash, pare and boil potatoes. Drain out all water and dry in usual way. When dry and mealy add butter, salt and pepper and mash thoroughly and quickly. Add egg well beaten and cream. Mix and form into a flat cake (on a board) half an inch thick. Shape into rounds or balls, brush over with beaten white of egg, and bake in hot oven until a delicate brown.

BEEF TEA

Mrs. Henry

Get round steak; clear meat of fat, skin and bone; cut in small cubes, put in a tight covered jar and stand in a kettle of cold water. Heat gradually and simmer till juices are well extracted. Pour off, season with salt and a very little pepper and serve in warm cups.

BROTH WITH EGG

Sister Freda of the Deaconess Hospital

A cup of hot broth beaten into an egg that has been well beaten and seasoned with salt is very nutritious. The egg does not curdle when care is used.

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BEEF BROTH WITH RICE

Mrs. J. W. Collins

2 lbs. lean beef
1 quart water
1 tablespoon rice

Cut meat in small pieces; cover with cold water and let stand for two hours. Add rice and let simmer for 2½ hours. Skim well when it first comes to boiling point. Strain and salt to taste.

OYSTER SOUP

M. J. L., Graduate Nurse

1 cup fresh oysters
1 cup milk
1 teaspoon salt
¼ teaspoon butter
2 tablespoons rolled cracker crumbs
A sprinkle of pepper

First, beard the oysters. Take a sharp knife and remove hard portion. Put milk and cracker crumbs in saucepan on stove. Have omelet pan hot and when milk reaches boiling point put oysters into the omelet pan. Stir and turn them until they become plump, then drop them into the boiling milk. Take immediately from fire, add seasoning and serve at once.

NOURISHING SOUP

Stew 2 ounces of the best well washed sago in a pint of water till it is tender and very thick; then mix it with half a pint of good boiling cream and the yolks of 2 fresh eggs. The beef essence must be heated separately, and mixed while both mixtures are hot. A little of this may be warmed at a time.

CHICKEN BROTH

Skim and chop up fine a small chicken and boil it bone and all with a blade of mace, a sprig of parsley and a crust of bread, in a quart of water for an hour, skimming from time to time. Strain through a coarse colander.

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MILK PORRIDGE

(U. S. Army Hospital Recipe for Twelve men)

Milk, 8 pints; flour, 12 ounces; water, 3 pints. Directions—The flour to be used should be previously prepared by being tied up loosely in a bag and boil 4 to 6 hours. It can then be grated to powder, which should be mixed into a smooth paste with cold water. Add to the milk the prescribed quantity of water and stir in the flour with a little salt. Let it boil for 10 minutes, stirring all the time.

PRUNE JELLY

(for constipated children)

Mrs. J. A. Lindquist

Soak prunes over night in cold water. Next morning add enough cold water to cover prunes, then stew slowly for an hour or two, adding water from time to time to keep them covered. Rub through sieve, add 1 tablespoon molasses to 1 pint of prune pulp, stew again half hour. Given in tablespoon doses each morning.

CRACKER GRUEL

U. S. Army Hospital.

2 tablespoons cracker crumbs
½ saltspoon salt
1 cup milk
½ teaspoon sugar
1 cup boiling water

Roll crumbs until very fine. Mix with them the salt and sugar and pour over it the boiling water. Put in the milk and simmer for 2 minutes. Do not strain.

CHICKEN JELLY

Clean a fowl, removing skin and fat. Chop fine, bones and flesh, place in a pan with 2 quarts of water; heat slowly; skim thoroughly; simmer 5 or 6 hours; add salt, mace, or parsley to taste, strain, cool. When cool, skim off the fat. This jelly is relished cold, but may be heated. Give often in small quantities.

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MINT WATER

Mrs. J. A. Lindquist

Boiling water, half pint; green spearmint leaves a handful. Bruise the leaves, put into a dish, cover with boiling water; steep 15 minutes. Drink hot or cold. Good in nausea.

FLAXSEEN LEMONADE

Mrs. J. L. Trinkhaus

Over 4 tablespoons of flaxseed pour 1 quart boiling water. Let steep 4 hours. Strain through a piece of linen; add sugar and lemon juice to taste. This is very soothing in colds.

A FOOD USED IN DIPHTHERIA

(From Rules used in Hahnemann Hospital, Chicago. Contributed by Mrs. J. A. Lindquist)

Take oatmeal, cook half a day, put through sieve, add to pulp a tiny bit of salt. Keep cool; from time to time take a little of this and thin a very little, leaving it somewhat pulpy. This will "slide down the swollen throat as nothing else." Semi-liquids are easier to swallow that liquids. Add a little cornstarch to milk or cocoa and it can be more easily taken by the patient.

TOAST WATER

Mrs. J. L. Trinkhaus

Toast pint of bread crumbs very brown. Pour cold water over them, let stand for 1 hour; strain and add cream and sugar to taste. The nourishment in the bread is easily absorbed when taken in the liquid form.

NOTHNAGLE & ROSER
CAN PAINT ANYTHING

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RICE WATER.

Mrs. J. A. Lindquist

2 tablespoons rice
1 quart water
Pinch of salt

Boil for 3 hours, adding water from time to time, so there will be 1 quart rice water when done.

COFFEE AND EGG

Mrs. J. A. Lindquist

Make strong cup coffee; add boiling milk and sweeten well. Pour over a well-beaten egg in the cup in which you are going to serve it. This will often sustain a patient when nothing else can be taken.

Serena Clay

Break an egg into a cup; beat it well, then slowly fill the cup with hot tea, stirring all the while. Add sugar to taste.

CURRANT JELLY

Red or black currant jelly, dissolved in hot or cold water or tamarind tea, make excellent invalid beverages.

SLIPPERY ELM TEA

Mrs. J. L. Trinkhaus

Pour 1 cup of boiling water over 1 teaspoon of slippery-elm bark. When cold, strain and add lemon juice and sugar to taste. Good in case of inflammation of the mucous membrane of the throat.

ICED ORANGE JUICE

Mrs. J. L. T.

Make a syrup of 1 cup of sugar and ¾-cup of water. Boil together 10 minutes; set aside to cool. Mix ½-pint orange juice and a gill of lemon juice; add cold syrup. Fill glass to brim with shaved ice and pour the orange mixture upon it.

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LEMONADE, EFFERVESCING

To the expressed juice of a large lemon add a lump or two of sugar previously lightly rubbed on the rind. Pour on it half a pint of cold or ice water. To cause it to effervesce put it into a large tumbler and add half a teaspoon of bicarbonate of soda. Stir and drink while effervescing.

GRAPE JUICE

Myrtle E. Duff

Stem and wash a kettle of grapes. Pour water to level with top of grapes. Let heat slowly, then boil 10 minutes. Strain carefully. Place over fire, sweeten to taste, and when sugar is well dissolved, bottle and seal.

PEACH FOAM

A Trained Nurse

Peel and cut into small pieces 3 or 4 choice and very ripe peaches, enough to make a cupful. Put into a bowl with ½-cup of sugar and white of 1 egg. Beat well for half an hour, when it will be a thick, perfectly smooth, velvety cream. This may be eaten ad libitum by the patient. Any ripe fruit may be used in place of peaches.

HOME-MADE KOUMISS

Boil fresh milk and when nearly cold put into quart bottles, leaving room to shake. Add half an ounce of crushed lump sugar and a piece of Vienna yeast the size of a hazelnut; cork with new corks, tie down, keep cool, lay the bottles horizontal but shake twice daily. Ready to drink on the sixth day, or earlier, in hot, later in cold wather.

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LEMON EGG-NOG

Mray D. Brown

Separate white from yolk of a fresh egg. Add to yolk 1 teaspoon of cold water, juice of 1 lemon and 1 tablespoon of white sugar; beat thoroughly. Whip white to a stiff froth, adding a few grains of salt; when firm, mix with yolk, beating together until thoroughly incorporated. Heap in a glass and serve with a spoon.

EGG-NOG No. 2

Mrs. H. S. Oyler

1 egg
1 cup rich milk
½ teaspoon sugar
2 tablespoons cracked ice
Any flavoring desired

Beat white and yolk separately. Put all the ingredients in a shaker and shake until ice is melted.

EGG CREAM

A Trained Nurse

2 eggs
2 tablespoons sugar
Juice and grated rind of half lemon

Separate yolks and whites of eggs. To beaten yolks add sugar, lemon juice and rind, mixing well. Place bowl in boiling water on fire. Stir slowly until mixture begins to thicken. Add beaten whites of eggs, stir 2 minutes. Pour into a small pudding dish and set away to cool, when it will be ready to serve.

EGG WATER

Mrs. H. S. Oyler

Stir, without beating, the white of 1 fresh egg in half pint of ice cold water. This makes a very palatable and nourishing drink for fever patients.

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ARROW ROOT BLANC MANGE

Take 2 tablespoons of arrowroot, ¾ of a pint of milk, lemon and sugar to taste. Mix the arrowroot with a little milk to a smooth batter; put the rest of the milk on the fire and let it come to a boil; sweeten it, flavor it, stirring it all the time till it thickens sufficiently. Put into a mold until quite cold.

CUP CUSTARD

Sister Freda

3 eggs
¼ cup sugar
1 pint new milk

Beat eggs, add sugar and milk and any extract liked. Fill custard cups, sift a little nutmeg over top and set them in a moderate oven in a shallow pan, half full of hot water. In 20 minutes try with handle of teaspoon to see if firm. If left in oven too long, or fire too hot, milk will whey.

TAPIOCA CREAM

Sister Caroline

Cook in double boiler for 15 minutes, 1 pint hot milk, 1 heaping tablespoon minute tapioca and a little salt, stirring frequently. Beat together the yolk of 1 egg and ¼-cup sugar, and at end of 15 minutes stir into the milk and tapioca. Let it cook until it thickens like custard. Pour into a dish and whip in the well-beaten white of the egg until no white can be seen.

COCOA

A Graduate Nurse

½ teaspoon cocoa
1 cup boiling water
1 cup boiling milk
1 tablespoon sugar

Put cocoa and sugar into saucepan and pour in boiling water; cook for 2 minutes, then add milk and heat just to boiling point.

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CORN STARCH PUDDING

A Graduate Nurse

1½ tablespoons cornstarch
1 tablespoon sugar
1 saltspoon salt
2 tablespoons cold water
1 pint milk

Put milk on stove to heat. Mix in saucepan the corn starch, sugar and salt, with cold water. When milk begins to boil, pour it in, slowly at first, stirring all the while. The corn starch should become thick at once. Then pour into a double boiler and cook 30 minutes. Time should be kept faithfully and water in lower boiler actually boil all the time. Add the well-beaten white of 1 egg, pouring slowly. Cook for 1 minute. Serve with cream.

ITALIAN CREAM

Anna Hubbard

½ box gelatine
1 pint of milk
½ cup of cold water
½ cup of sugar

Cover the gelatine with cold water and let soak for half an hour; dissolve over hot water. Scald the milk. Beat the yolks of the eggs with the sugar and add to the milk. Stir until the custard thickens. Add the gelatine, take from the fire as soon as it begins to form, stir in the whites of the eggs, beaten to a stiff, dry froth. Stir until thoroughly mixed and turn into a mold previously wet with cold water to solidify.

RICE CREAM

A Graduate Nurse

2 tablespoons rice
2 cups milk
1 saltspoon salt
2 tablespoons sugar
Whites of 2 eggs

Cleanse rice by washing in cold water. Cook with milk in double boiler till grains will mash. Three hours are generally required. Should milk evaporate restore amount lost. When rise is perfectly soft add the whites of eggs beaten

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with the sugar and salt till light. Stir lightly with spoon for 3 or 4 minutes, or until it coagulates and the whole is a thick, soft pudding.

JUNKET

Sister Freda

Heat ½ milk lukewarm (about 115 deg. F.) add, an egg beaten to a stiff froth; sweeten with 2 teaspoons sugar; add 1 teaspoon Fairchild's essence of pepsin and stir enough to mix. Pour into custard cups; let stand till firmly curded. May be served plain or with sugar and nutmeg.

TAPIOCA JELLY

Mrs. J. L. Trinkhaus

Soak half-cup of tapioca over night in a cup of cold water. Put into a double boiler a pint of boiling water and dissolve in this a tablespoon of granulated sugar. Now turn in the soaked tapioca and cook until clear. Remove from fire and add 2 teaspoons lemon juice. Have ready jelly glasses wet in cold water and turn the liquid jelly into them. Set in a cold place to form. Serve cold with whipped cream.

APPLE SNOW

Deaconess Hospital

Beat whites of 2 eggs to a very stiff froth. To a pint of apples that have been stewed and pushed through a sieve, add fourth-cup of powdered sugar and a small teaspoon lemon extract. Beat the apple into the egg gradually and beat briskly until stiff.

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BAVARIAN CREAM

Mrs. G. I. Harry

½ box gelatine
½ pint whipped cream
1 teaspoon vanilla
½ cup sugar
1½ pints milk

Cover gelatine in cold water in which has been dissolved 1 teaspoon of soda and let stand 2 hours. Put in colander and pour cold water through it a few times. Heat milk to boiling point and dissolve sugar in it. Cool and add dissolved gelatine. Add the vanilla, and when the mixture begins to cool, lightly fold in the whipped cream. Pour into a mold and cool.

CHOCOLATE CREAM

A Graduate Nurse

2 tablespoons sugar
½ square Baker's chocolate
1 pint cream
Whites of 4 eggs

Cook sugar, chocolate and cream together in double boiler until chocolate is perfectly dissolved. Stir in, pouring slowly the well-beaten whites of eggs while cream is still on stove. Cool for 3 minutes, or until the albumen is coagulated, but not hardened. Turn into pudding dish and serve.

The desserts that follow, from the gelatine they contain, are less easily digested than the ones that precede them. They may be safely given whenever the patient is allowd to have what are classed as solids in distinction from liquid and light diet, and are wholesome and appetizing to sick or well.

SEA MOSS FARINA (Irish Moss)

Mrs. Anna McCord Dixon

Wash half-cup moss; soak in cold water 1 hour; drain. Put moss in 1½ quarts new milk, in double boiler. Boil half hour, stirring occasionally. Strain through cheese cloth; press to get out all the gluten. Mold in wet cups. Serve cold with a rich cream sauce flavored to suit the taste. Good alike for sick and well.

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SPECIAL RECIPES FOR DIABETICS

Dr. Babcock Meloy

ALMOND CAKES

Take of blanched sweet almonds ¼-pound, beat them as fine as possible in a stone mortar. Remove the sugar contained in this meal by putting it into a linen bag and steeping it for a quarter of an hour in boiling water, acidulated with vinegar. Mix this paste thoroughly with 3 ounces of butter and 2 eggs. Next add the yolks of 3 eggs and a little salt, and stir well for some time. Whip up the whites of 3 eggs and stir in. Put the dough thus obtained into greased moulds and bake by a slow fire.

GLUTEN BISCUIT

Gluten flour 1 cup; best bran, previously scalded, 1 cup; Royal Baking Powder, 1 teaspoon; egg, 2; salt to taste; milk or water, 1 cup. Mix thoroughly.

DIABETIC BREAD

Take 1 quart of sweet milk, 1 heaping teaspoon of good butter, 1-5 of a cake of compressed yeast, beaten up with a little water and 2 eggs, well-beaten. Stir in gluten flour until a soft dough is formed. Knead as in making ordinary bread. Put in pans to raise, and when light bake in hot oven.

ONION GRUEL

Slice a very small onion and boil half-hour in ¾-pint of water, add half-teaspoon flour, mixed in a little water and a small piece of butter, salt to taste.

CHICKEN BROTH

Place half small chicken in cold water to cover, with half small onion sliced, and half-cup celery, cut fine; boil 1¼ hours or until chicken is cooked. If no celery, add chopped parsley before serving the broth.

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CHAPTER XV

Our Young Housekeepers

"Whatsoever thy hand findeth to do, do it with thy might."—Eccl. 9-10.

"Do not try to do a *great* thing; you may waste all your life looking for the opportunity—which may never come; but since little things are always claiming your attention, do them as they come, from a *great* motive, for the glory of God, to win His smile of approval, and to do good to men."—*F. B. Meyer.*

SCOTCH SHORT BREAD

Miss Kathryn McIntyre

¼ lb. sugar
½ lb. butter
1 lb. flour
1 egg yolk

Measure out ingredients. Put butter and sugar into a basin and beat to a cream. Make a hole in the centre of the mixture and add the egg yolk. Mix the flour well and add gradually to the butter and sugar. Turn on to a floured pastry board and work the mixture into a flat, round shape. Notch the edges, or place on a wooden shape or earthenware mould, and bake in a slow oven for 20 or 30 minutes; till a nice brown color. Cool on a wire tray.

CREAMED POTATOES

Lidie R. Gillin, Trainer, Pa.

Pare 5 good sized potatoes. Cut in dice shape, put on to cook in hot water, adding half teaspoon of salt. Cook until done, about 15 minutes; drain water off and add a small cup of milk; dust in a little flour, and add a tablespoon of butter. Set on stove until milk has cooked a few minutes, then they are ready to serve. A few sprigs of parsley added makes it look nice and taste better.

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NUT BREAD

Ethel Naudain

1 cup sugar
1½ cups milk
4 cups flour
4 teaspoons baking powder
1 egg
1 cup nuts

Mix and let stand 20 minutes before baking.

LONDON BUNS

Miss Kathryn McIntyre

3 ounces cornstarch
4 ounces flour
½ ounce sugar
Sweet milk to mix
1½ ounces butter
1 egg
1 tablespoon candied peel
A pinch of salt

Measure out ingredients. Mix the corn flour, ordinary flour and salt well together. Rub the butter lightly into this. Beat up the eggs well; add the sugar and candied peel to the flour, mixing well. Make into stiff dough with the egg and sufficient milk. Form into balls. Lay on a greased baking sheet, brush over with melted sugar and bake in a quick oven 10 or 15 minutes. Cool on a wire tray.

DRIED BEEF WITH CELERY

Amy D. Fulton

¼ lb. dried beef
½ pint finely cut celery
1¼ cups milk
1 heaping teaspoon butter
1 heaping tablespoon flour

Cover the sliced dried beef with boiling water, simmer for three minutes, then drain. Place in a pan with the butter and celery and cook, stirring often until the celery is slightly browned. Add the flour, and when absorbed, gradually stir in the milk. When smoothly thickened, season to taste and serve, garnished with toast points.

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STEWED CELERY

Miss Florence Adele Spencer, Graduate Domestic Science, Drexel Institute, Philadelphia

Wash and scrape the celery and cut in half inch pieces. Cook until tender and serve with a sauce.

Sauce for Vegetables

3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
White pepper
1 cup milk
1 cup ctock

Heat the butter; when it bubbles add the flour, pepper and salt. Add gradually the hot milk and stock, stirring constantly and allowing the mixture to thicken each time. Pour this sauce over the vegetables (or toast) and serve immediately.

POTATO CAKES

Miss Sue E. Plank, State Roak, Highland Park, Pa.

1 cup mashed potatoes
½ teaspoon salt
1 cup sweet milk
1 large teaspoon baking powder
1 egg

Mix potatoes, salt and baking powder. Beat up egg and add, then add milk, and flour enough to mix so that it will drop off of spoon. Fry in hot fat.

FRENCH FRIED POTATOES

Amy D. Fulton

Pare the potatoes and throw into cold water for at least an hour. Then cut in slices, blocks, strips, balls or any fancy shape, and dry them on a towel. Drop quickly into deep fat, hot enough to brown them by the time they come to the surface. They are done when they float. Skim into a draining basket and set in oven to keep hot. Serve either as a garnish or for a vegetable.

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RICE CROQUETTES

Miss F. Adele Spencer

1 pint cold cooked rice
2 or 3 tablespoons milk
1 egg
2 tablespoons butter
½ teaspoon salt
1-16 teaspoon white pepper (cayenne)
2 tablespoons chopped parsley

Warm the rice in a double boiler, with enough of the milk to soften it; add the butter, seasoning and beaten egg, and cook until the egg thickens. Spread the mixture on a shallow plate to cool; then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper, dip in beaten egg roll in crumbs again. Cook in deep fat until brown.

TOMATO SOUP

Mildred Baldwin

1 onion and celery
2 carrots
1 bay leaf
1 quart tomatoes
6 whole peppers
2 cloves
1 quart water

Cook all together then strain. Add sugar, butter, salt, beef extract, and a little flour, if preferred.

CREAM OF POTATO Soup.

Miss F. Adele Spencer

3 potatoes
2 cups milk
½ cup cream
1-16 teaspoon celery salt
Yolks of 2 eggs
1 teaspoon salt
Pepper

Cook the potatoes until soft, drain, mash, add the hot liquid and strain; add the beaten yolks and seasoning. Cook in a double boiler until the egg thickens, stirring constantly. Serve immediately.

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TOMATO SOUP

Miss Sara M. Travous, Edwardsville, Ill.

1 can tomatoes
1 pint water
12 peppercorns
Bit of bay leaf
4 cloves
2 teaspoons sugar
1 teaspoon salt
1-8 teaspoon soda
1 slice onion

Cook tomatoes, water, peppercorn, bay leaf, cloves, onion and sugar 20 minutes. Strain and add salt and soda; then thicken with 2 tablespoons butter and 3 tablespoons flour (rubbed together); then strain again if necessary. This soup is very fine.

CRYSTAL SALAD

Miss Sara M. Travous, Edwardsville, Ill.

On a lettuce leaf place two marshmallows, each cut in quarters, then a tablespoonful of finely cut pineapple, then a tablespoonful of stiff lemon jelly, then about six pecans (the meats). Pour over this two tablespoons French dressing, and one large teaspoon whipped cream, which has been slightly sweetened. Place on the cream one cherry. This salad must be served on individual plates.

PICKLED PEPPERS

Miss Emiline Moore, Llanerch, Pa.

1 dozen sweet peppers
1 dozen onions

Sweeten vinegar and season; add to the onions and peppers (chopped together) and boil 15 minutes.

1, 2, 3, 4 SALAD DRESSNG

Amy D. Fulton

1 egg
2 teaspoons sugar
Pinch of mustard
3 tablespoons vinegar
4 tablespoons cream

Beat the egg; add other ingredients and cook, stirring constantly until it comes to a good boil. Should be smooth and creamy.

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COLD SLAW DRESSING

Miss Elsie B. Hannum

3 tablespoons olive oil
Yolks of 2 eggs
¼ cup of vinegar, diluted with
¼ cup of water
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon mustard
Pinch of granulated sugar

Scald the vinegar and water. Beat eggs and seasoning together; add hot vinegar slowly. Put on the stove and stir until it thickens. When cool, beat in the oil.

MOCK CHERRY PIE

Miss Elsie M. Spencer

1 cup cranberries
½ cup raisins
2-3 cup sugar
½ cup hot water
1 tablespoon flour
1 teaspoon vanilla

Halve the cranberries, and wash out the seeds. Halve the raisins. Mix all together. This is the filling for one pie.

STEAMED PUDDING

Mildred Baldwin

2 cups flour
1 cup milk
1 cup raisins
1 cup currants
2 eggs
1 teaspoon butter
1 heaping teaspoon baking powder

Steam 1¼ hours.

Sauce for pudding

1 cup sugar
2-3 cup milk
½ cup butter
1 heaping teaspoon cornstarch

Boil all together, and flavor.

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PEG PUDDING

Miss Elsie B. Hannum

Using the "Six Egg Sponge Cake" placed in a deep bowl, pour three teaspoonfuls of vanilla over it. Blanch half pound paper-shell almonds, cut them with a very sharp knife into the form of shoe pegs. Stick them into the top and sides of the cake. Around this pour the following custard:

4 eggs
1 quart milk
4 tablespoons granulated sugar
1 teaspoon vanilla

Boil and cool, then add vanilla.

APPLE GOVERNOR

Helen S. Grubb, Norwood, Pa.

Cut apples enough to fill a small baking dish; sprinkle with sugar, and flavor with cinnamon or nutmeg; dot small pieces of butter on top. Then make a pie crust of 1 cup of flour, two tablespoons of lard and 3 tablespoons of water. This will make enough crust for two small governors, as you only put it on the top. Any kind of fruit or berries can be used in place of apples.

BAKED APPLES

Miss Adele Spencer

Wipe, core and pare apples; put six cloves in each. Place in agate baking dish; slice 1 lemon and place a slice on each apple; make a syrup of sugar and water and pour around, not over, them. Cover the dish and bake until soft. When cold, serve with plain or whipped cream.

ICE CREAM CAKE

Miss A. Vera Mullineaux

Whites of 5 eggs, beaten well
2 cups sugar
¼ lb. butter
2 cups flour
1 cup sweet milk
2 teaspoons baking powder
Flavor to taste

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FUDGE CAKE

Miss Helen M. Volkhardt

2 cups brown sugar
2 eggs
½ cup butter
2 cups flour
½ cup sour milk
½ cup hot water
1 teaspoon baking sola
3 squares Baker's chocolate

Dissolve soda in part of the hot water, and the chocolate in the remaining part.

2 cups brown sugar
2-3 cup cream or milk
1 tablespoon butter
Flavoring

Boil, beat, cool, then add flavor.

SIX EGG SPONGE CAKE

Miss Elsie B. Hannum

6 eggs
1 cup granulated sugar
1 cup flour
1 teaspoon vanilla

Beat the eggs and sugar together 20 minutes, stir in the flour very slowly; add vanilla, and bake in moderate oven half an hour.

HOT WATER SPONGE CAKE

Helen Marker

6 eggs (separated)
2 cups sugar
Pinch salt
Flavoring
2 cups flour
2 teaspoons baking powder
1 cup boiling water

Add the sugar and salt to the well beaten egg yolks, then add the whites beaten to a stiff froth, sift baking powder with flour and add, then the flavoring and last of all the boiling water. This makes 2 loaves.

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CHOCOLATE CAKE

Marian Marker

1½ cups sugar
½ cup butter
½ cup milk
1¾ cups flour
2 teaspoons baking powder
4 eggs
4 tablespoons chocolate
5 tablespoons boiling water
2 teaspoons vanilla

Beat sugar and butter to a cream. Dissolve the chocolate in the boiling water and add, with the beaten egg yolks, milk and flour. Beat light, add vanilla and fold in the whites of eggs, stiffly beaten, at the last, and the baking powder sifted into a little of the flour. Bake in a slow oven one hour.

COCOANUT CAKE

Helen Lathem

¾ cup butter
2 cups sugar
6 egg yolks (well beaten)
2 egg whites (well beaten)
3½ cups flour
2 teaspoons baking powder
1 teaspoon vanilla
1 cup sweet milk

Fold in the egg whites last. Bake in layers, and after the icing is spread on, sprinkle thickly with shredded cocoanut between layers and on top.

DEVIL CAKE

Miss A. Vera Mullineaux

½ cup butter (scant)
1 cup sugar
3 eggs
1 cup milk
1¾ cups flour
3 teaspoons baking powder

Mix well and then melt the following ingredients.

½ cake Baker's chocolate (bitter)
5 teaspoons water
3 teaspoons sugar

When melted, pour this into the above; beat well, put into pans and bake.

Icing

Beat the whites of 2 eggs stiff with powdered sugar.

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ANGEL FOOD

Miss Helen Volkhardt

11 eggs (whites)
1½ cups granulated sugar
1 cup flour (sifted)
1 teaspoon flavoring
1 teaspoon cream tartar

Put the cream tartar into the sifted flour and sift together 5 times. Sift the sugar. Beat whites of eggs to a very soft froth, add the sugar and mix carefully; then add the flour gradually, stirring all the while; add flavoring last. Turn quickly into an ungreased pan, and bake in moderate oven 45 minutes. Take from oven, turn pan upside down on a rest, and let stand until cake drops out. It is best to bake this in a turk's head.

GINGER SNAPS

Elizabeth Lathem

1 large cup lard
1 coffee cup sugar
1 cup molasses
½ cup milk or water
1 tablespoon ginger
1 tablespoon cinnamon
1 teaspoon soda, or
2 teaspoons baking powder

Dissolve soda in hot water, or if baking powder is used, sift with flour. Mix all together with flour enough to make a rather stiff dough. Roll thin. cut in cakes and bake quickly. These ginger snaps will keep for weeks, if locked up.

SOFT GINGERBREAD

Marian Marker

1 cup molasses
½ cup butter and lard mixed
½ cup sugar
1 egg
1 cup sour milk
3 cups flour
1 teaspoon soda
Ginger and cloves to taste

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GINGER BREAD

Miss Elsie B. Hannum

1 large teacup N. O. molasses
1 cup brown sugar
¾ cup lard
4 cups sifted flour
1 cup boiling water
1 cup sweet milk
2 eggs
1 silver tablespoon ground cinnamon
2 tablespoons ground ginger
1 teaspoon ground cloves
1 tablespoon baking soda

Melt the lard in the dripping pan in which the cake is to be baked, and pour over the sugar and molasses, stir hard. Dissolve the soda in the boiling water and stir into the mixture. Add flour, beat hard until smooth, add milk, eggs and spices. Pour in large dripping pan and bake in a moderate oven until it leaves the straw dry when testing. Cut in squares while in the pan hot. The only cake I know which can be cut while hot.

GINGER CAKE

Helen Marker

1 cup lard
1 cup sugar
2 cups N. O. molasses
1 cup hot water
1 tablespoon ginger
1 tablespoon cinnamon
1½ teaspoons soda

Dissolve soda in hot water. Use flour enough to stiffen dough so that it can be rolled out and cut into cakes.

CHOCOLATE COOKIES

Elizabeth Rebert

2 cups brown sugar
½ cup butter
¾ cup grated chocolate
1 egg
1 teaspoon soda (scant) mixed in flour

Flour enough to mix a dough to roll out and cut with cake cutter.

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TAYLOR CAKES

Ethel Naudain

½ cup sugar
½ cup lard
1 cup N. O. molasses
2½ cups flour
½ cup sour milk
1 teaspoon soda
1 teaspoon cinnamon
2 eggs

Bake in patty pans.

AUNT MARGARET'S COOKIES

Margaret E. Killin, Trainer, Pa.

1 cup sugar
2 small tablespoons butter
1 egg
Flavor with nutmeg
¾ cup milk
3½ cups flour
2 teaspoons baking powder

Beat the sugar, butter and egg until light; add milk, nutmeg and flour. Have dough soft enough to roll. Cut with cutter and put a raisin in the center of each cookie. Bake in quick oven. They should be half an inch thick when baked.

CRULLERS

Amy D. Fulton

1 cup sugar
2 eggs
3 cups flour
1 cup milk
3 teaspoons baking powder
3 tablespoons melted butter
½ teaspoon salt
½ teaspoon grated nutmeg

Beat the yolks of eggs and sugar until thick; add the melted butter; next the flour, salt, baking powder and nutmeg all sifted together; next pour in the milk and stiffly beaten whites of eggs. Mix all thoroughly, roll out on a well-floured board; cut in rings and fry in deep, hot fat. Watch carefully and lift them out when browned, lay in a wire basket or a colander and shake powdered sugar over them.

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MACAROONS

Miss Emeline Moore, Llanerch, Pa.

¾ lb. pulverized sugar
2 eggs

Beat together for 10 minutes. Flour to stiffen, and add a cupful of any kind of chopped nuts, or cocoanut. Drop on greased tins and bake.

LEMON BUTTER

Miss Marie A. Cochran

1 egg
1 cup sugar
1 lemon (juice and rind)
Butter size of walnut

Grate the rind of lemon, add to other ingredients and cook in double boiler about 10 minutes, or until it thickens.

FUDGE

Emma H. Bell, Upland, Pa.

3 cups sugar
1 cup milk
1 teaspoon vanilla
1 tablespoon butter
4 or 5 teaspoons cocoa

Cook the sugar, milk and butter together. When sugar is melted add the cocoa, stir and boil 15 minutes. Take from fire and add vanilla. Stir until creamy. Pour on buttered plates. Cut in squares.

CHOCOLATE FUDGE

Kathryn Rea

1 cup milk
2 cups granulated sugar
½ teaspoon vanilla
2 ounces Baker's chocolate
Butter size of a walnut

Boil 20 or 25 minutes; add vanilla; take from the fire; beat until thick and creamy; add a cup of chopped English walnuts, and pour in buttered pan to cool.

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WESTERN FUDGE

Amy D. Fulton

2 cups sugar
1 cup milk
8 drops No-Al vanilla
2 squares Baker's chocolate
1 tablespoon butter

In making fudge always beat the milk and sugar together thoroughly before placing over the fire, because the less it is stirred while cooking the better. Cook over a rather slow fire at first, increase heat when it boils, and add the butter. Take from fire when mixture shows the least sign of forming a soft ball, in water, for it is best to beat it, rather than boil it so much. Add vanilla and beat until it will beat no longer, and spread in buttered tin, or, if you wish, work it with the hands, which makes it more creamy, and shape as you please.

CHOCOLATE CARAMELS

Sarah E. Graham

2 cups molasses
2 cups brown sugar
1 cup cream
1 cup chocolate
Butter size of an egg

Boil until it hardens in water. Nuts may be added, if desired, after taking from the fire.

CREAM CHOCOLATES

Elizabeth Rebert

1 egg white
2 tablespoons cold water
1 teaspoon vanilla
1 lb. XXXX sugar

Beat the egg white until stiff, then add water and vanilla and work in the sugar until stiff enough to mold.

Coating

2 bars chocolate, melted
Paraffine size of hulled walnut

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CREAM CANDY

Miss Frances H. Humbert

2 cups granulated sugar
¾ cup water
1 teaspoon vanilla
Butter size of walnut
2 tablespoons vinegar

Cook until crisp when dropped in water. Add vanilla just before removing from fire. Turn out on slab to cool, then pull until white.

JANUARY THAW

Ethel Lentz

2 cups brown sugar
½ cup milk
Butter size of walnut
1 cup nuts

Put sugar and milk in a saucepan, and let it dissolve slowly; add butter and let boil until it forms a ball when dropped into cold water. Remove from stove, beat well and add chopped nuts. Turn into a buttered pan, and when cool cut in squares.

OLD-FASHIONED MOLASSES CANDY

Miss Marie A. Cochran

2 cups molasses
Vanilla flavoring
1 tablespoon vinegar

Boil all ingredients together until it is brittle when tried in cold water; then put in pans to harden. Peanuts or walnuts may be added.

BUTTER SCOTCH

Mildred Bunyea

2 cups sugar
1 cup water
1 tablespoon vinegar
Butter size of an egg

Cook until it droops in water

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PENUCHIE

Miss Frances H. Humbert

3 cups brown sugar
1 cup milk
1 cup crushed nuts
Butter size of walnut
1 teaspoon vanilla

Cook the sugar and milk until it can be rolled into a soft ball when dropped in water. Remove from stove, add the butter and vanilla: Beat until creamy; when almost done add nuts.

PUFF RICE BRITTLE

Pearla Johns

1 cup granulated sugar
½ cup water
1 teaspoon vinegar
½ package Quaker Puffed Rice
2 teaspoons molasses
Butter size of walnut
½ teaspoon salt

Boil the sugar, water and vinegar together for 5 minutes; then add the molasses, butter and salt. Boil until a few drops in cold water become hard and brittle. Take from fire and stir in the puffed rice, previously warmed and spread on plate to cool.

ENGLISH KISSES

Jane W. VanPelt

2 egg whites
½ pint granulated sugar
1 teaspoon vanilla

Beat the egg whites dry and stiff; add sugar and vanilla, mix thoroughly; drop in drops on greased manilla paper and lay half kernels of English walnuts on the top. Bake a light brown.

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SUGAR MOZIES

Betty Graham

2 lbs. brown sugar
¼ lb. butter
1 cup water
¾ lb. black walnuts

Boil sugar, butter and water about twenty minutes, or until it strings when dropped from a spoon. Take from the fire, add walnuts, beat well and turn into pans. Care must be taken not to cook too long.

POP CORN BALLS

Jane M. VanPelt

8 qts. popped corn
1 pint sugar
Scant ½ teaspoon cream tartar
A little water

Pop the corn and reject all hard kernels, place in a large pan. Boil the sugar, water and cream tartar together until it hardens in water, pour over the corn and make into balls.

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CHAPTER XVI

MISCELLANEOUS

"Variety is the spice of life."

FRESH CHERRY SALAD

Mrs. Malcolm J. McLeod, New York City

Halve and stone the required amount of California cherries, cover with lemon juice and set aside for an hour. Add chopped walnuts, serve on lettuce with French dressing prepared with lemon.

CRANBERRY ICE TO BE SERVED WITH MEATS

Mrs. W. J. Tinker, Pierce City, Mo.

Cover one quart cranberries with cold water and cook tender, then put them through a sieve or colander and add 2 cups of sugar and 1 pint of water. Cool and freeze like any other ice.

COLD SLAW

Mrs. Isaac Houpt

Take small head of cabbage, chop fine, season with salt and use dressing the same as for potato salad.

TRENTON STEAK

Mrs. Robert MacDonald, Trenton, N. J.

About 4 pounds choice cut of rump steak. Broil half hour in gas range. When done place on hot platter, with butter added. Add 1 tablespoon of Heinz catsup and Mandalay sauce, to taste, to the juice of the meat, and pour over steak. Serve.

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SALAD DRESSING (wihout oil).

Mrs. J. E. Reynolds

1½ teaspoons salt
1 teaspoon mustard
Dash cayenne pepper
3 eggs
1 tablespoon flour
2 tablespoons sugar
1 cup milk
1 tablespoon butter
2-3 cup hot vinegar

Mix dry ingredients, then add beaten eggs and milk. Cook in double boiler; add butter, and when it is melted add hot vinegar slowly. Stir constantly until thickened. When removed from fire beat thoroughly with a Dover egg beater. When used, whipped cream may be added. This makes a pint of dressing.

STEWED STEAK

Mrs. Fulton

Have an under round steak cut two inches thick; put it in a large frying pan, having greased the pan with a piece of suet from the steak, and the pan should be very hot; lay the steak in the pan to brown, both sides, but not to cook; then lift the steak to a stew pan, pour over it one pint of boiling water; add one onion sliced, one teaspoon of catsup (walnut if you have it); salt and pepper to taste; cover with a pan and let simmer slowly one hour, or until tender; then lift the steak to a hot platter; rub two tablespoons of flour in a little cold water, add this to the water the steak was cooked in; season to taste; add one teaspoonful of tomato catsup and the steak. Cook two minutes and serve.

DALTON'S
"GOOD BAKED GOODS"
MEANS WHAT IT SAYS
TRY THEM TODAY

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HAM OMELET

Miss Elizabeth Plumley

Put cold boiled ham through food chopper; to one cup meat add four beaten eggs, a little pepper, fry in hot drippings, dropping a tablespoonful at a time. Serve hot.

SAVORY MEAT BALLS

Mrs. McKinnell

Mince finely the remains of cold meat, ham or tongue, or all together. Season with salt, pepper and grated nutmeg, and moisten with a little sauce. To each half-pound of meat take half-pound of mashed potatoes, mix with a little flour and the yolk of an egg to form a stiff paste. Roll out the potato paste about an inch in thickness, cut in pieces about four inches long and two across. Put a dessert spoonful of the minced meat upon each piece and sprinkle with chopped parsley, turn over the paste so that the edges overlap and brush the top with a beaten egg. Bake in a hot oven till the rolls are of a light brown color.

LITTLE MEAT ROLLS

Mrs. John Killin, N. Weymouth, Mass.

From some cooked meat remove fat and gristle and put through the chopper. Season well and moisten with a little good gravy. Make a good, rich biscuit dough, roll out thin and cut in four or five-inch squares, spread each piece with some of the meat mixture and roll up as thightly as possible. Place close together in a greased pan, brush the top with milk and bake in a quick oven. Serve with a good gravy.

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SAUSAGE PIE

Miss Rebecca Pierce, Harrisburg, Pa.

Make pastry same as for pies, line a dish with pastry, remove skin from 2 pounds sausage, slice 1 dozen large potatoes ¼ of an inch in thickness, and boil until soft, then put in alternate layers until dish is full. Season with salt, pepper and lump of butter; pour over this the water in which potatoes were cooked. Cover with top crust.

DELICIOUS MEAT AND CELERY PIE

Mrs. Irvin Covington, Norwood, Pa.

Cut up in small pieces 1 pound round steak (beef); keep well covered with water; boil until tender; peel four potatoes, slice thin; add one onion cut in small bits; line a quart dish with nice pastry; begin with layer of potatoes then some meat and onion until all have been used. Then sprinkle over top two tablespoonfuls finely chopped celery and cover with pastry; cut opening in centre, and pour in a cup of gravy which has been seasoned with salt and pepper. Bake in quick oven until crust is nice brown. Serve with plenty of gravy.

PANNED OYSTERS

Mrs. John Rowe

Place a lump of butter size of a walnut in a pan and brown well, then add 25 large oysters with the liquor, and cook until the oysters begin to curl, add salt, pepper and a little chopped celery. Serve immediately.

LEMON MERINGUE PIE

Mrs. Robert MacDonald, Trenton, N. J.

1 cup hot water
½ cup sugar
2 eggs
1 tablespoon cornstarch

Makes one pie.

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APPLE CUSTARD PIE

Mrs. Alice Mahoney

2 apples
1 cup sugar
1 teaspoon butter
2 eggs (separated)
1 cup milk
1 saltspoon nutmeg

Select juicy apples, scrape to a pulp; cream the butter and sugar, add spice, the beaten yolks of eggs, the milk and the apples. Line a pan with crust; fill with the custard and bake. Beat whites of eggs to a froth, add two tablespoons sugar, pile lightly on pie and bake a delicate brown.

EGG DUMPLING

Mrs. Elwood Smith, Roxborough, Pa.

1 cup flour
1 teaspoon Rumford baking powder
¼ teaspoon salt
2 eggs
Milk if needed

Sift together flour, salt and baking powder; beat the eggs well and add to the dry ingredients to make a drop batter, adding a little milk if necessary. Drop by teaspoonfuls into hot soup or stew and cook fifteen minutes.

MOTHER BRYANT'S TABLE MUSTARD

3 tablespoons mustard
3 tablespoons sugar
1 cup vinegar
½ teaspoon salt
1 egg
1 teaspoon butter

Beat together the mustard, sugar, and salt and add vinegar. Cook until mixture boils. Remove from stove, add butter, and beat five minutes.

VIRGINIA SWEET POTATOES

Mrs. John Rowe

Boil the potatoes until done, remove skins, and after cutting the potatoes in halves place in a shallow pan with lumps of butter over each piece, sprinkle sugar over top, place in oven and brown.

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PUMPKIN PIE

Mrs. Mabel F. Stafford, Edwardsville, Ill.

1½ cups flour
½ cup lard
¼ teaspoon salt

Mix deftly with ice cold water.

Filling

2 cups prepared pumpkin
1 cup milk
2-3 cup sugar
1 level teaspoon flour
1-3 teaspoon baking powder
1 teaspoon cinnamon
1 level teaspoon ginger
½ nutmeg
3 eggs, slightly beaten

CURRANT BISCUITS

Mrs. M. H. Humphreys

2 tablespoons butter
2 tablespoons lard
5 teaspoons baking powder
1 lb. currants
Salt to taste

Mix with about 2 cups of milk or water and enough flour to make a soft dough; roll out and cut in round cakes. Bake in hot oven.

NUT BREAD

Mrs. E. L. Irving, Norwood, Pa.

Scald half-cup of milk, add half-cup boiling water. When lukewarm stir in three quarters of a cake compressed yeast, softened in three tablespoons of lukewarm water; half-tablespoon each of lard and butter; 2 tablespoons of molasses; 1 cup of chopped nut meats—English walnuts or pecans preferred—half-cup white flour and 3 cups entire wheat flour. If not quite stiff enough to knead more may be added. Knead and bake as ordinary bread. This is most delicious.

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TEA ROLLS

Mrs. Joseph Cornog, Asbury M. E. Church, Philadelphia.

1 yeast cake
1 pint warm milk
1 teaspoon salt
1 tablespoon butter or lard
Flour to make stiff dough

Mix lard in the flour, then add milk and yeast, let rise 2 hours; then make into biscuits and let rise ¾-hour, and bake 20 or 30 minutes.

OATMEAL CAKES

Mrs. Celia Bunyea

1 tablespoon butter
1 cup sugar
2 eggs, beaten light
A little salt
2 teaspoons vanilla or lemon
2 teaspoons baking powder
2½ cups rolled oats

Cream the butter and sugar. Mix baking powder with rolled oats.

Bake on greased tins (floured) in moderate oven until brown.

Put small teaspoon of mixture for each cake and put on tins at least 2 inches apart. Take cakes off with griddle turned. Five minutes is about the time for baking each pan of cakes.

DELICIOUS SANDWICHES

Mrs. C. S. Platt.

½ lb. boiled ham
3 eggs, boiled hard
1 fresh egg (yolk)

Grind ham and lard boiled eggs through a meat grinder. Mix this to a paste with the egg yolk.

On an under slice of bread lay a curly lettuce leaf, on another a nasturtium leaf, on another a spray of parsley. Then spread the paste of meat and eggs, and to each give a dash of pepper. Cover with a slice of thinly buttered bread, and note the result.

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POTATO BALLS

Mrs. Alfred Free, Felton, Pa.

Boil and mash the potatoes and add seasoning of pepper, salt and a little minced parsley. Roll the potatoes into small balls, cover with egg and bread crumbs and fry in hot lard. Drain and serve.

APPLE ROLL

Mrs. George Sparks, Norwood, Pa.

2 cups flour
2 teaspoons baking powder
2 tablespoons butter or lard
Milk to mix a dough—3-4 cups
6 apples
Sugar
Nutmeg

Mix and sift flour and baking powder, rub in the lard or butter and make to a dough with the milk. Roll thinly about twice as long as the dough is wide. Brush over with softened butter, spread with chopped apples, and add sugar and nutmeg to taste. Roll up like a jelly roll. Cut in slices an inch thick and lay cut side up on a greased baking pan. Bake in moderate oven, and serve hot with a sweet sauce.

LEMON SPONGE

Mrs. Celia Bunyea

1 package of lemon gelatine
1 teaspoon cornstarch
4 eggs (separated)
1 pint milk
Vanilla flavoring

Make the gelatine from recipe found in package. When beginning to stiffen add egg whites beaten light and pour in a mold. Make a dressing with the yolks, milk and cornstarch, add flavoring.

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ORANGE MARMALADE PUDDING

Miss Jane Lewis, Eddystone, Pa.

8 ounces bread crumbs
8 ounces suet
½ lb. orange marmalade
½ pint new milk
1 ounce candied peel, chopped fine
3 tablespoons sugar
3 eggs, well beaten

Mix all together, put in a bowl and steam or boil for 3 hours. The bowl must be full or pudding will be heavy.

MOCHA CAKE FILLING

Mrs. J. E. Reynolds

1½ cups confectioners' sugar
2 heaping teaspoons cocoa
Butter size of walnut (melted)
2 tablespoons made coffee
1 tablespoon milk
½ teaspoon vanilla

Beat until smooth and light.

ORANGE FILLING

Mrs. J. E. Reynolds

½ orange, grated
½ orange juice
1 teaspoon lemon juice
1 egg
½ cup sugar
1 teaspoon butter
1 tablespoon flour

Cook all ten minutes, stirring constantly; spread when cool.

MOTHER BRYANT'S TOMATO BUTTER

7 lbs. very ripe tomatoes (peeled)
3 lbs. sugar
½ pint vinegar
½ oz. cinnamon

Boil slowly until right consistency for sauce.

BAKED BEAN SANDWICHES

Miss Mary Volkhardt

Rub one cupful of baked beans to a smooth paste, add one teaspoonful each of chopped parsley and celery, one teaspoonful of onion juice and one-eighth of a teaspoonful of made mustard.

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LEMON BUTTER

Mrs. C. Grant Hopper, West Park Church, Philadelphia.

2 small lemons
1 large one
1 cup sugar
1 egg
1 tablespoon butter
1 tablespoon flour
1 cup water

Grate the rind of the lemons, add juice, then stir altogether and boil until it thickens.

LEMON BUTTER

Mrs. Isaac Houpt

The grated rind and juice of one lemon, one cup sugar, one cup water, a lump of butter about the size of a walnut, and one egg well-beaten; thicken with a little cornstarch.

GRAPE JUICE

Mrs. Mary E. Baldwin

5 lbs. ripe grapes
1 lb. granulated sugar
1 quart cold water

Put grapes and water on stove and boil quietly until most of grapes are bursted, stir very little, and strain. Add the sugar to the juice and boil rapidly 10 minutes from time it begins to boil. Seal while hot in air-tight jars or bottles. Place in a cool, dry place.

RASPBERRY VINEGAR

Mrs. K. N. Hinkson

6 lbs. berries
1 quart vinegar

Pour the vinegar over the fruit and let stand over night; strain the juice through a bag, and to every pint of juice add one pound of sugar. Boil and put in bottles.

GRAPE JUICE

Mrs. Wm. M. McIntyre

Pick and wash grapes (Concords), put them in a preserving kettle and cover with water. Cook until soft, mash with

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spoon to get all juice out, then put in bag and let drip over night (do not squeeze). To 1 quart of juice add half-pound of sugar, and allow to boil 10 minutes. Put in bottles or air-tight jars and seal immediately.

GRAPE JUICE

Mrs. Anna Black

5 lbs. grapes
1 quart water
¾ lb. sugar

Wash and drain grapes and boil; strain and add sugar; let come to a boil again. Seal while scalding hot.

TO MAKE BAKING POWDER

Mrs. George Thomas

Take equal quantities of bicarbonate of soda, tartaric acid and cornstarch well sifted. Will keep until used.

BALSAM APPLE SALVE

Mrs. T. W. Smith

2 ripe balsam apples
½ lb. lard
½ lb. sheep tallow
Five cents worth of bees wax

Mix these ingredients together, cook and stir in 1 teaspoonful of borax. Strain and pour in small jars.

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POULTICE MAKING

Bread and milk—Put one tablespoon of stale bread crumbs into a gill of milk and let boil up. Take from the fire and gradually stir in a little glycerine or sweet oil, so as to render the poultice pliable when applied.

Hop Poultice—Boil one handful of dried hops in half a pint of water until the half pint is reduced to a gill, then stir in enough Indian meal to thicken it.

Mustard Poultice—Equal parts of ground mustard and flour made into a paste with warm water. Spread a thin coat of sweet oil or lard and put between two pieces of cloth.

Linseed Poultice—Take four ounces of ground linseed and mix with hot water to a paste. Spread between two cloths.

Ginger Poultice—Made the same as the mustard, only substituting ginger instead of the mustard.

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Kitchen Hints

KITCHEN HINTS

A teaspoonful of butter put into hot water in which vegetables are boiled will prevent boiling over.

Lamb chops are delicious if dipped in lemon juice before broiling.

Try putting the pumpkin through the meat chopper before cooking. It is easily done and it needs little water to cook, and in a short time is tender. If juice runs through chopper, collect it and pour over pumpkin. If put in the oven to stew, it need not be watched as carefully as if cooked on top the stove, or it may be cooked in double boiler.

A teaspoonful of lemon juice to a quart of water will make rice very white, and keep the grains separate when boiled.

Too rapid boiling ruins the flavor of any sauce. It must boil once, and never do more than simmer afterwards.

Puddings put into a half-heated oven or cooked in water that has been allowed to go off the boil, are invariably spoiled.

When frying bacon, or sausage, sprinkle a little salt at the bottom of the frying-pan before starting, which will prevent the fat splashing about.

When making soup, if there is no time to let it cool, strain it and heat it again before serving; pass it through a clean white cloth, wrung out of cold water. The coldness of the cloth will coagulate the fat and prevent the pure grease from getting through.

Food authorities say to scald all meat before it is cooked. Soda should also be sprinkled over the meat. There is no nutrition lost by this process, and scientists advocate its use in addition to that of scalding water.

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TABLE OF WEIGHTS AND MEASURES

"With weights and measures just and true,
Oven of even heat;
Well buttered tins and quiet nerves,
Success will be complete."

4 saltspoonfuls	liquid	=1 teaspoonful
4 teaspoonfuls		=1 tablespoonful
3 teaspoonfuls	dry material	=1 tablespoonful
4 tablespoonfuls	liquid	= 1 wineglass, ½ gill, ¼ cup
16 tablespoonfuls	liquid	=1 cup or ½ pint
12 tablespoonfuls	dry material	=1 cup
1 cup	liquid	=½ pint
4 cups	liquid	=1 quart
4 cups	flour	=1 quart or 1 pound
2 cups	granulated sugar	=1 pound
½ cup	butter	=¼ pound
1 round teaspoonful	butter	=1 ounce
1 heaping teaspoonful	butter	=2 ounces or ¼ cup
1 heaping teaspoonful	sugar	=1 ounce

A pinch of salt and spice is about a saltspoonful

TIME TABLE FOR COOKING

Loaf Bread	40 to 60 minutes
Rolls and Biscuits	10 to 20 minutes
Graham Gems	30 minutes
Gingerbread	20 to 30 minutes
Sponge Cake	45 to 60 minutes
Plain Cake	30 to 40 minutes
Fruit Cake	2 to 3 hours
Cookies	10 to 15 minutes
Bread Pudding	1 hour
Rice and Tapioca	1 hour
Indian Pudding	2 to 3 hours
Steamed Pudding	1 to 3 hours
Steamed Brown Bread	3 hours
Custards	15 to 20 minutes
Pie Crusts	About 30 minutes
Plum Pudding	2 to 3 hours

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Things Worth Knowing

Carpets and rugs may be brightened by wiping with a cloth wrung out of ammonia water. Two tablespoons of ammonia to a six quart pail of water.

When putting away white clothing to remain for any length of time, wrap up carefully in blue paper or even a dark blue cloth, and it will come out looking as white as ever it was, no matter how long it lies.

An old book-case set on the kitchen table, back to the wall, makes a very respectable imitation of a kitchen cabinet and saves many steps.

To remove iron rust or fresh ink stains moisten with lemon juice, sprinkle with salt and lay in the sun; for ink, the process may require repetition.

Sprinkle borax, with a little sugar, under pantry shelf papers, and also about water pipes to drive away water bugs and roaches.

To drive away ants from the pantry, lay pieces of camphor on the shelves. The ants will disappear.

Boiled starch is improved by the addition of a little sperm or kerosene oil.

When a glass stopper will not come out of a bottle, allow one or two drops of glycerine to soak in, and it can be removed quite easily.

To remove the taste of fish, onions, or any strong scented vegetable from knives that have been used in cutting, dig the blides once or twice in garden mold, and it will disappear.

Kitchen floors painted with boiled linseed oil are very easily cleaned.

A pair of scissors is infinitely better for trimming off the rind from ham or bacon than a knife.

Salt combined with vinegar and heated to boiling point, will restore the polish to brass and copper.

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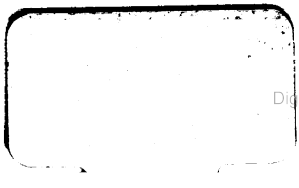

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